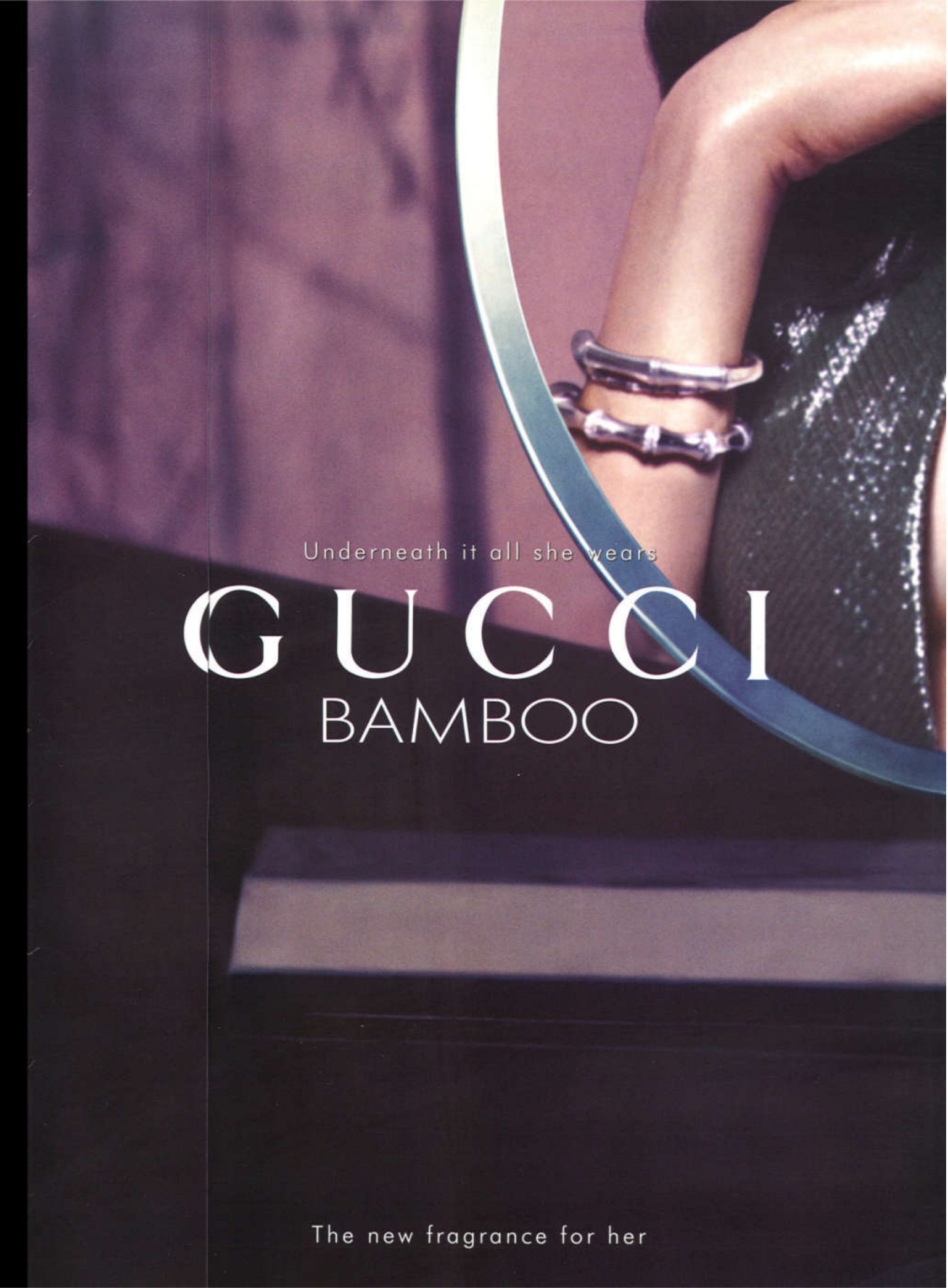

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November

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ALEXI LUBOMIRSKI



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ALEXI LUBOMIRSKI

Photographer, "Mood Elevators"

What was the craziest part of the shoot? "We had an acrobat doing backflips, jumping off of scaffolding, and hanging upside down." **What do you do when you're not taking pictures?** "I wrote a book last year called *Princely Advice for a Happy Life* [Andrews McMeel Publishing]. It's a modern twist on the idea of a prince's characteristics." **You're an actual Polish prince. What does that mean?** "My mother said that if I want to be a prince in today's world, I have to be a prince in my heart and my actions." **@alexilubomirskiphoto**



CHLOE METZGER

Editorial assistant, "Day Glow"

What was trickiest part of writing this story? "Changing the way we think about the word 'glow.' It doesn't mean layering glitter on your cheekbones and contouring the hell out of your face with bronzer. It starts with peels, exfoliators, and layer upon layer of moisturizer." **What's your social-media personality?** "My Instagram feed feels very tranquil—white-lit, minimalist pictures. But my Twitter account reflects my comedic side with a smattering of bad jokes and 'please love me' tweets to my favorite comedians." **@chloe_metzger**



ELIZABETH SIEGEL

Beauty features editor, "The Pursuit of Happiness"

What surprised you about researching happiness? "I would have guessed most people are happiest when they're young, but it's just the opposite. In your 60s and 70s, you're generally not as hard on yourself." **What's the biggest misconception about your job?** "I don't play with lipstick all day. Just sometimes." **First beauty product you loved?** "M.A.C. lip pencil in Spice—a super-'90s brown lip. It was my everyday look. I thought I was Neve Campbell." **@lizsiegs_**



TOM MUNRO

Photographer, "Ray of Light"

What was your plan for shooting Kate Hudson? "The original idea was to be on the street in London, but we ended up in the studio because the fashion was fairly transparent. It wouldn't have been appropriate." **Is Kate as fun as she seems in movies?** "She's adorable. We had a really good time—you can tell from the pictures. We've worked together a lot, so there was a genuine comfort level and ease, an intimacy that's hard to replicate." **@tommunrostudio**

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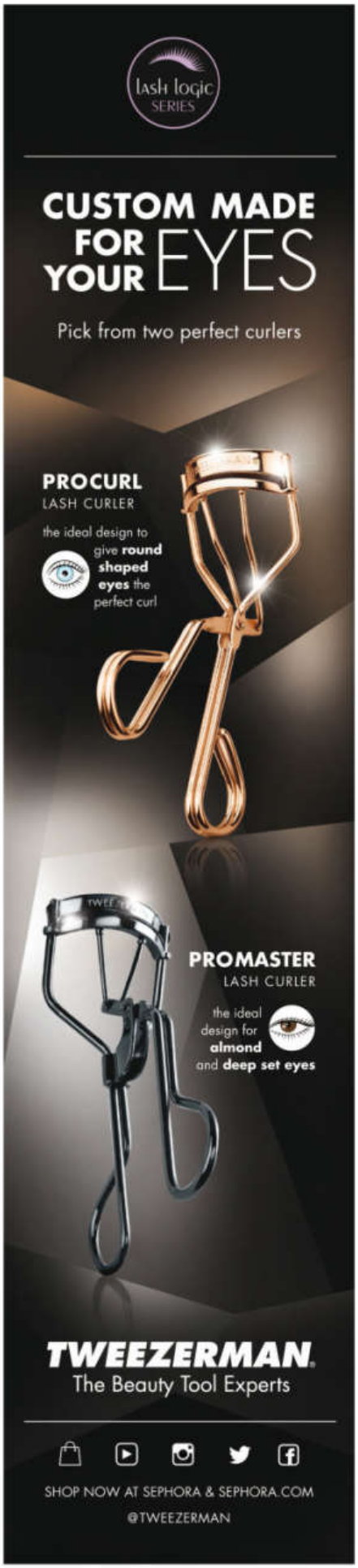
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-Lisa Price, Founder

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Feedback

I've been in love with Jessica Alba since *P.U.N.K.S.* and *Dark Angel*. What an intelligent woman. To go from actress to bona fide businesswoman is not a small accomplishment. Truly an inspiration to me and so many others!
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via Instagram

Seeing @jessicaalba a.k.a. my girl crush on the cover of @Allure_magazine is making me *sooo* excited for the launch of @Honest_Beauty 💄
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@Allure_magazine Happy Friday! So happy I subscribed to the *Allure* Beauty Box—fab products to try each month! Keep shining bright! ❤️
@trendygurl29
via Twitter



Love this view on fashion and how people look at it differently between men and women!
@chichappens5
via Twitter

Can we stop with the "anti-aging" mantra and celebrate the beauty, wisdom, and respect the aging process actually deserves?
@TheaMFranke
via Twitter

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Beauty by Numbers



From photographer Wingate Paine's 1967 nude series, *Mirror of Venus* (Random House)

ORGASMS

Betty Friedan captured the frustrations of the 1960s feminist movement when she said, "No woman gets an orgasm from shining the kitchen floor." A look at the body's climactic history. —KATE SULLIVAN

8th: Century B.C. Homer wrote about Melampus, an Argonaut healer in Greek mythology who treated religious virgins for a type of madness. He blamed their troubles on a lack of orgasms and encouraged sex with strong young men. The women were quickly cured.

1653: Year a Dutch medical book instructed midwives to treat any hysterical patient using oils to "massage the genitalia with one finger inside…in this way the afflicted woman can be aroused to the paroxysm."

216: Years later that American doctor George Taylor invented the Manipulator, a steam-powered vibrator with a mechanism that took up an entire room.

1900: Estimated year the first manual vibrator was sold in the U.S. Users had to hand-crank it like an eggbeater.

2: Types of female orgasms according to psychoanalyst Sigmund Freud. He called the one achieved through clitoral stimulation "adolescent" and the vaginal orgasm achieved through intercourse "mature."

75: Percentage of American men who ejaculate within two minutes during coitus, according to a 1948 study by sexologist Alfred Kinsey.

10,000: Average number of cycles of sexual response that researchers William H. Masters and Virginia E. Johnson observed in lab experiments from 1957 to 1965.

1990: Year the musician Sting told a reporter that his tantric-sex sessions with his now wife, Trudie Styler, could last seven hours before orgasm.

24: Years later that Sting explained on *Inside the Actors Studio* that his statement was something of an exaggeration, saying, "Seven hours would include dinner and a movie."

8,000: Average number of nerve endings in the clitoris, the only organ that exists solely for pleasure.

68: Percentage of women in a 2013 University of Kansas study who said they'd faked an orgasm.

3,458: Number of videos (and counting) submitted to the online experiment Beautiful Agony, a website where users submit videos of their faces during orgasm; the site posits that "eroticism in human imagery rests not in naked flesh and sexual illustration, but [in] engagement with the face."

1989

Year the film *When Harry Met Sally* was released. In it, Sally (Meg Ryan) loudly fakes an orgasm in Katz's Delicatessen to prove that Harry (Billy Crystal) can't tell the difference between a fake one and a real one.

WINGATE PAINE/STEVEN KASHER GALLERY/NYC

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Hairstylist Odile Gilbert adjusts Hudson's waves between shots as makeup artist Polly Osmond waits her turn. Marc Jacobs dress, gloves, and belt.

Hair Lesson

No brushes were involved in this shoot. To encourage messy, textured waves, hairstylist Odile Gilbert used only her fingers to rough-dry the actress's hair, lifting sections along her crown and hairline and blasting the roots with a blow-dryer for volume.

Kate Hudson

The scoop from behind the scenes at *Allure*'s shoot.

1 Hudson always radiates a joyfulness that could be described as sunny, so it's fitting that her third *Allure* cover, photographed by Tom Munro, was shot on a bright London day when the temperature hit 95 degrees. The actress walked from the car to the studio with a towel turban on her damp hair and, once inside, stripped down to her bra and shorts before heading to hair and makeup.

2 Hudson blasted music from her phone in the dressing room, singing and whipping her hair headbanger-style to "What Kind of Man" by Florence + the Machine. Expanding on the musical theme, she talked about her son Ryder's hip-hop classes.

3 *Allure* creative director Paul Cavaco, standing just out of the frame, held Hudson's waist and swung her from side to side to help her loosen up and focus on the moment. Munro encouraged Hudson to kick off her espadrilles and dance on her tiptoes.

4 Hudson powered through without breaks, choosing instead to take bites of an egg-white-and-spinach omelet between the last few shots of the day. She said her good-byes and headed out to get ready for a party, still wearing her hair wavy from the shoot. —**CHLOE METZGER**



***Allure* creative director Cavaco swung Hudson to help her loosen up. Donna Karan New York gown.**



Embroidered silk gown by Donna Karan New York. Photographed by Tom Munro. Hair: Odile Gilbert. Makeup: Polly Osmond. Manicure: Marian Newman. Fashion editor: Paul Cavaco. Details, see Shopping Guide.

Makeup Lesson

Makeup artist Polly Osmond played up Hudson's eyes with a swipe of creamy bronze shadow and coffee-colored eyeliner. She kept the rest of Hudson's makeup easy: rose-pink lipstick and a dab of peach blush.

Beyond the Cover

Hudson stars in *Rock the Kasbah* with Bill Murray and is a cofounder of Fabletics. She also voices a character in *Kung Fu Panda 3*, out in January.



Hudson's look can be re-created with the following: Pro Longwear Paint Pot in Indianwood, Sheertone Blush in Peaches, and Sheen Supreme Lipstick in Blossom Culture by M.A.C.

CLOCKWISE FROM BOTTOM LEFT: **XAVIER MUNIZ** (2); **LIAM GOODMAN** (3)

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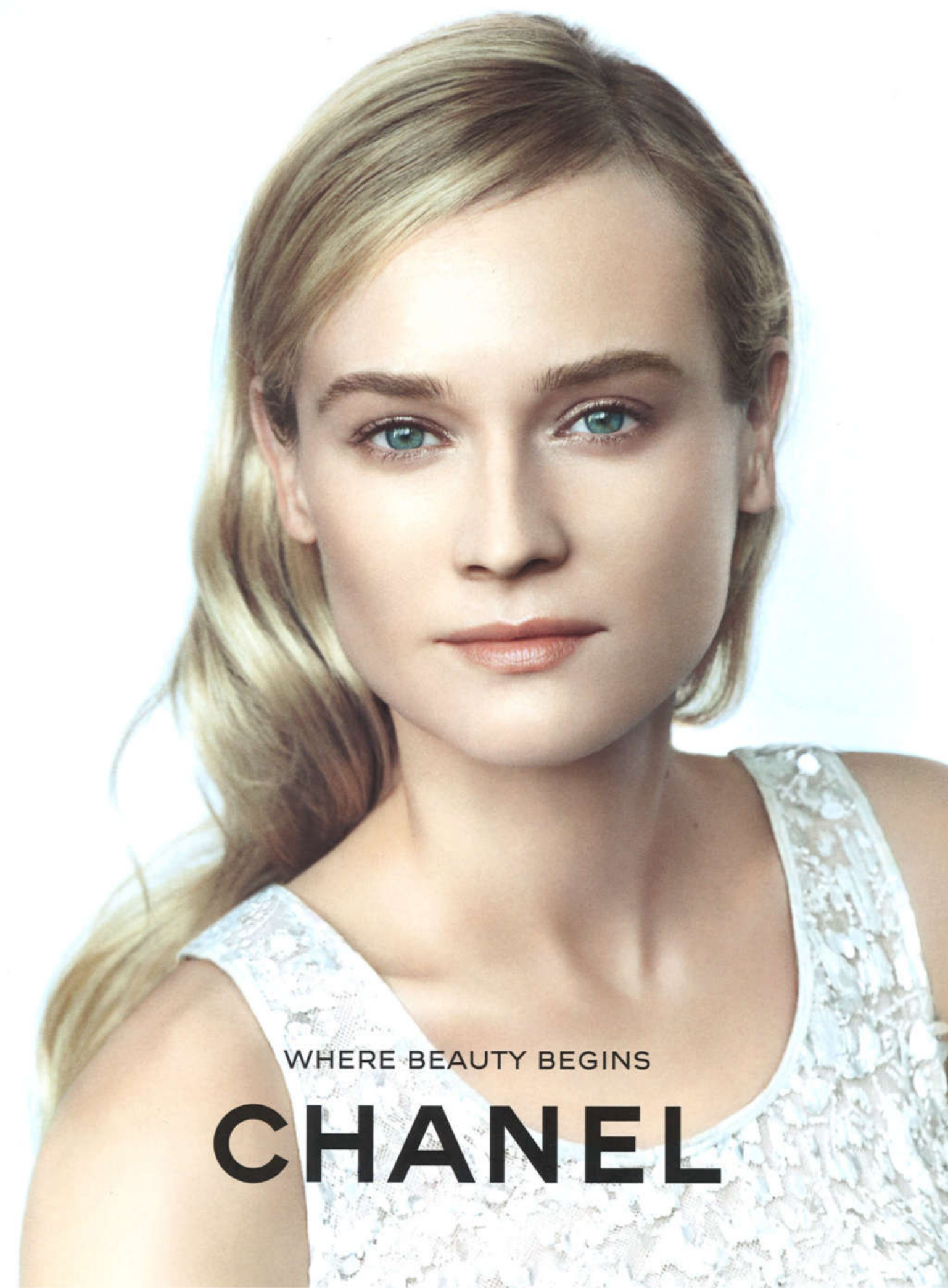


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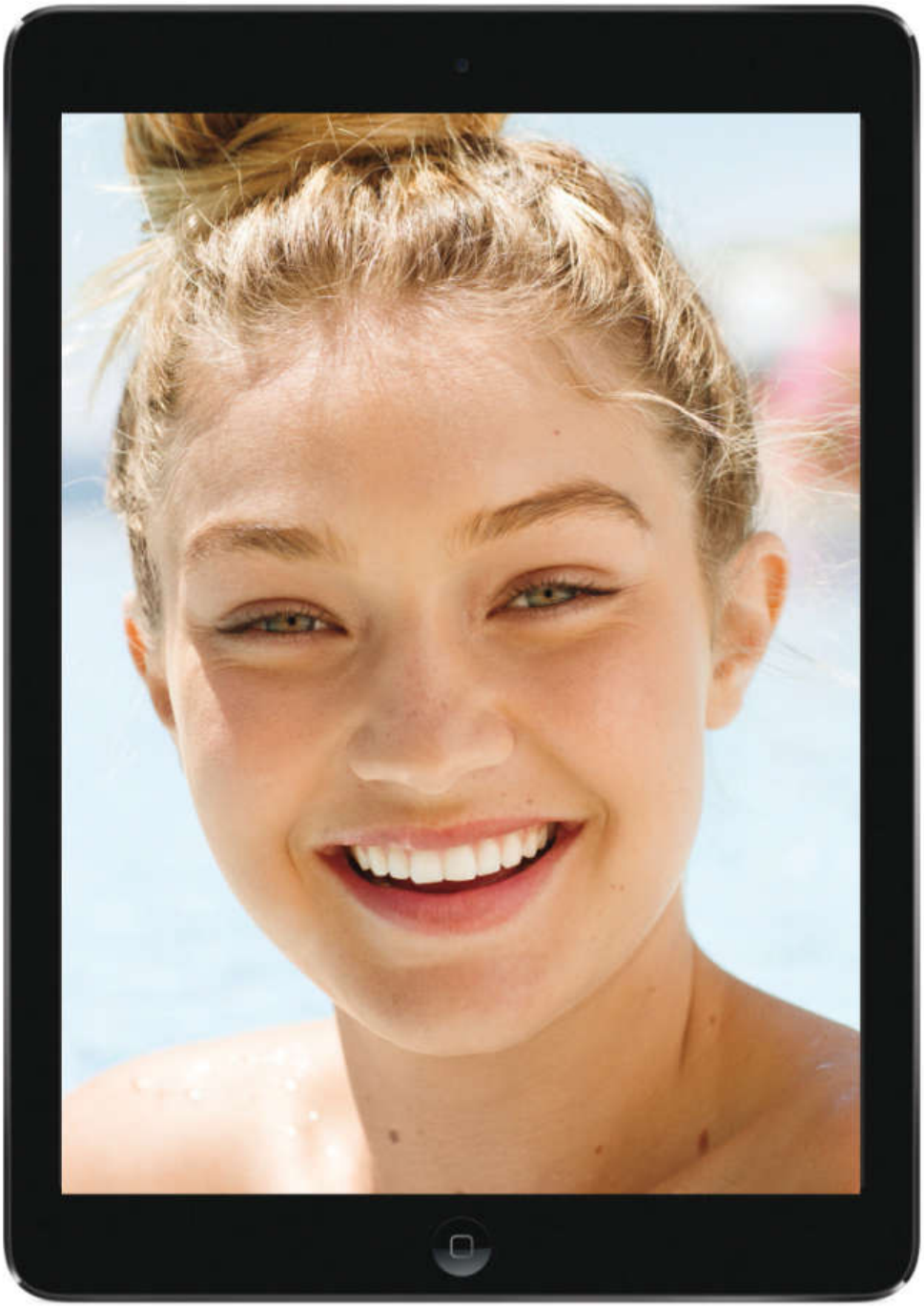
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AMANDA MARSALIS



With Cindy Crawford and Rande Gerber in Los Angeles

Smile Lines

When I was in college, my friends and I did our best to look unhappy. We moped around in thrift-shop threads and lank hair, proclaiming our love for Sylvia Plath and Rainer Werner Fassbinder—not entirely aware that neither was the ideal romantic hero. We played Joni Mitchell and cried. This wasn't depression of the DSM variety; it was an affectation. Happiness seemed facile while we wanted to be dark and deep.

Well, so much for that. I've become a diligent student of joy, with my Flipboard set to articles about happiness. I can't go a week without finding a new study that reveals exactly what to do to boost your spirits: make your bed, eat more vegetables, take a walk, write a thank-you note, pet your dog, chat in an elevator. This was once called civilized behavior. Now, it's a checklist sprinkled with magic.

My favorite fact from one study is that even a fake smile increases happiness—of the smiler and the smiled upon. I also like this bit of news from recent research: that Botox reduces depression because it inhibits the ability to frown. This is science I can get behind.

With this wealth of evidence, it makes no sense to me that so few models smile in photographs or on runways. I'm constantly begging for smiling pictures in *Allure*, and I'll even settle for a slight upward curve of the lips. At a dinner with a supermodel years ago, I asked her why she looked so glum in pictures when she was so cheerful in life. She explained that after analyzing photographs of herself, she came to the conclusion that smiling makes her nose look wider and her eyes smaller. Simply that. And that made me sad.

Maybe this is why many fashion shows resemble funeral marches. Or perhaps the designers, like my college roommates and me, think happiness looks superficial and commercial. Still, I fully believe that if a designer really wanted to be subversive, he'd send the models down the runway wearing big, beautiful smiles.

It's worked for Kate Moss, Gisele, Cindy Crawford, and Karlie Kloss, who seem unconcerned about the face-distorting effects of a smile. Their joy is radiant and contagious, and there's nothing facile about that.



Linda Wells, Editor in Chief

DONATO SARDELLA/WIREIMAGE

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BEAUTY REPORTER

THE BEAUTY NEWS YOU NEED TO KNOW NOW



Cara Delevingne at a film premiere in Australia

From top: Dior Fluid Shadow in Destinée, Kat Von D Metal Crush Eyeshadow in Raw Power, L'Oréal Paris Infallible Eye Shadow in Glistening Garnet, Nars Eyeshadow in Persia (also shown on Cara Delevingne, right), M.A.C. Macnificent Me Eye Shadow in Cheer Me On, Chanel Illusion d'Ombre Eyeshadow in Rouge-Gorge, and NYX Cosmetics Prismatic Shadows in Fireball.



CLOCKWISE FROM TOP LEFT: **CATHY CRAWFORD**; **DON ARNOLD**/WIREIMAGE; **YULIANAS**/GETTY IMAGES

LOOK NOW

Sunset Eyes

Why would anyone ever put on sickly red eye shadow? But when Cara happened, we reconsidered. Shades from peach to red are now as hot as a Key West sunset. "The key is to use a neutral shadow as a base," says makeup artist Molly R. Stern, who works with Delevingne. "If you put the bright color directly on your skin, the look is going to feel too raw." Blend taupe or brown over the lid, then top it with blazing orange, magenta, or red, buffing out the color at the outer corner to make it soft and hazy. Your eyes are now bright, sexy, and ready to party until the sun comes up.

—**PATRICIA TORTOLANI**

EDITORS' FAVORITES

Our obsessions right now



Chanel Nail Colour in Troublante. The metallic red, with hints of green and rose gold, instantly warms skin and changes like a hologram (very cool!) in the light. $27.



Clinique Beyond Perfecting Powder Foundation + Concealer. It looks like powder foundation, goes on like powder foundation, and covers blotches on all skin types like powder foundation. But on your skin? It feels like air. $27.

Maison Kitsuné for Shu Uemura Cleansing Oil Shampoo. The only thing that makes this indie-favorite, silicone-free shampoo better? Wrapping it in the supercute designs of Maison Kitsuné. $57.



Perfect for cat eyes



L'Oréal Paris Voluminous Superstar Liquid Eyeliner. This liner has a helpful pointy tip; a quick flick of the wrist makes a perfect swoop every time. $9.99.

Charlotte Tilbury Mini Miracle Eye Wand. A double-ended tube reinvents the stodgy old concealer stick by combining a brightening highlighter on one end and eye cream on the other. $45.

The jar is refillable!



Dior Prestige La Crème. This lightweight face cream is a throwback. It has the appeal of a cold cream (and that delicious feminine scent). $390.

Bobbi Brown Sequin Eye Shadow in Constellation, Star Beam, Comet, and Moon Rock. For dressed-up eyes in 30 seconds (we timed it), layer these shimmery jewel-tone shadows over your lids and smudge the creases. Easy peasy. $36 each.

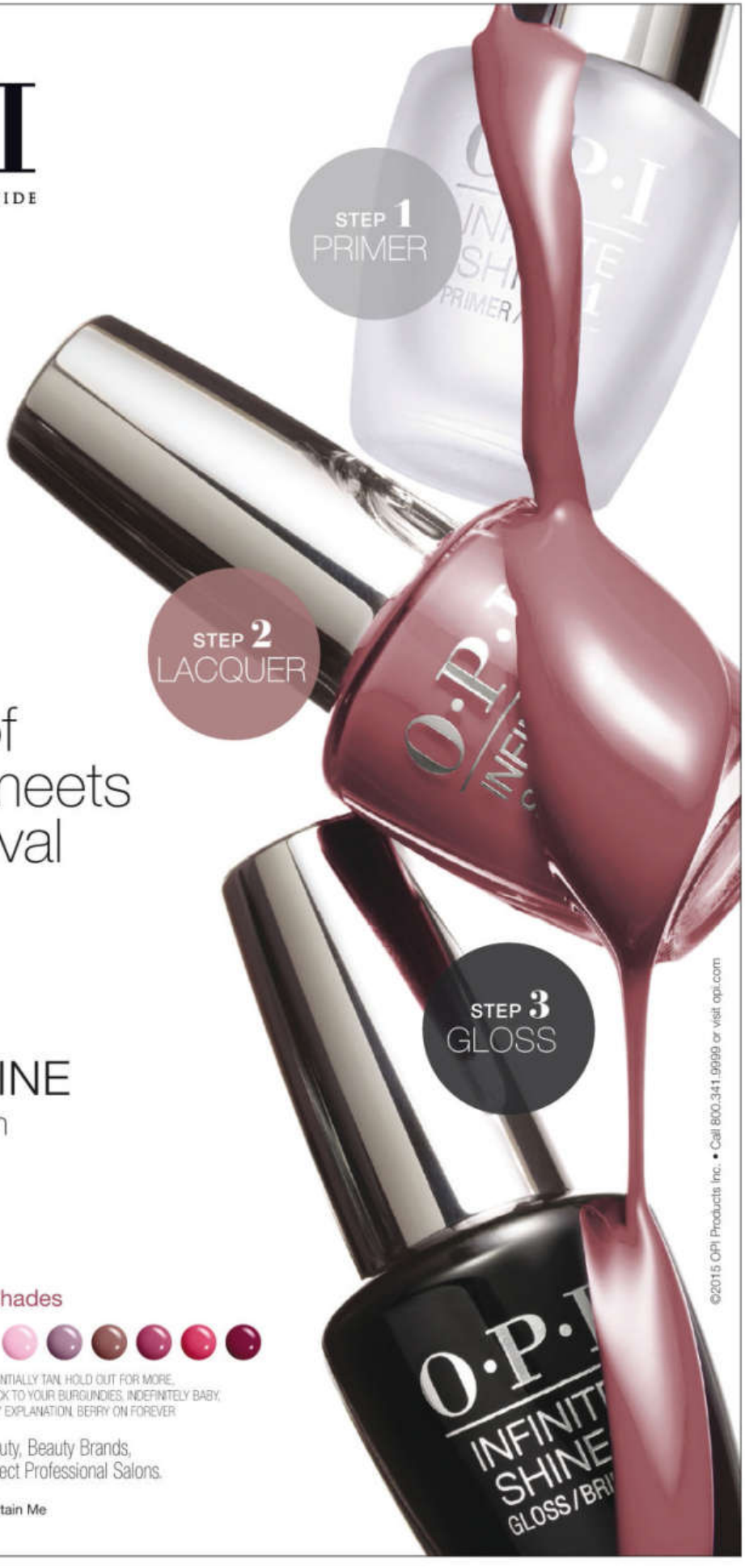


LIAM GOODMAN

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Four *Allure* editors tested the Revlon mascara. Here, beauty writer Jenna Rosenstein wears three coats. See the other editors' results on allure.com.

PRODUCT REVIEW

REVLON ULTIMATE ALL-IN-ONE MASCARA



What it is: A lengthening and defining mascara

How it looks/feels: The brush is no bigger than a raisin—tiny by mascara standards. In fact, it's one of the smallest mascara brushes we've ever seen. The thick black formula clings to the short, plastic bristles.

Why we like it: We've grown so accustomed to comically large mascara brushes that this one took us by surprise. But its diminutive proportions deliver big results: One pass from root to tip makes the base of lashes thick and the ends sharply defined, giving our testers an ideal look for everyday wear. The formula dries slowly, which means you can add layer after layer for a volumizing effect without risking clumps. Other benefits of the mini brush? You can wiggle it close to your lash line without it bumping up against (and smudging) your lids, and because it forces you to work in small sections, you won't miss those baby lashes. It's not waterproof, but the glossy formula clung to our lashes all day (and—happiness!—came off swiftly with regular makeup remover). —**JENNA ROSENSTEIN**

PRETTY POWERFUL

Our hot tools see the light of day for 25 minutes, max, then it's straight back under the sink. These new stylers, however, are total vanity candy. But their good looks aren't the only thing they have going for them. —**MADDIE ABERMAN**



Harry Josh Pro Tools 2-in-1 Ceramic Marcel Curling Iron

This is the only curling iron we've seen with a detachable marcel clip, the springless kind—usually reserved for professionals—that closes around the barrel. This means you can use it as a traditional curling iron (for bending ends or smoothing short layers) or as a wand (for creating waves). The green barrel releases negative ions to make curls shiny, and the core reaches the ideal temperature (375 degrees) in less than a minute.



T3 Pro|| Professional Hair Dryer

This dryer has all the hair-smoothing extras of its Breakthrough Award–winning predecessor (tourmaline and ions) but with the addition of a supercharged engine that's lighter and less noisy (so you can actually hear the *Today* show). "T3 dryers have always been able to give life to fine and medium hair, but I never used them to dry curly hair straight, because they didn't get hot enough," says hairstylist Matt Fugate. Now that the T3 is hotter and faster, our thick- and curly-haired testers are able to dry their hair in about seven minutes.



GHD Arctic Gold White Platinum

This white flatiron is a sleeker-looking version of last year's Best of Beauty–winning Eclipse from GHD. To reduce damage, the temperature never exceeds 365 degrees, and three sensors on each plate quickly adjust the temperature for hair type and texture. The wishbone-shaped clamp delivers equal pressure and heat to both sides of the hair and even makes thick, curly hair smooth and shiny.

CLOCKWISE FROM TOP LEFT: **LIAM GOODMAN** (4); **TIZIANA FABI**/AFP/GETTY IMAGES; **CATHY CRAWFORD**

OPEN LETTER

To anyone who plans on seeing the new James Bond movie:

Enjoy yourself. Have some popcorn. Go ahead and stare at Monica Bellucci, the Italian actress often labeled a siren. And feel free to take note of the fact that Bellucci, 50 at the time of filming *Spectre*, is older than the typical Bond stunner. She has 11 years on *Goldfinger*'s Pussy Galore (Honor Blackman), who previously held the title of Oldest Bond Girl Ever.

We say bravo to Hollywood director Sam Mendes and anyone else who had a hand in casting a woman three years older than James Bond himself, Daniel Craig. Nice call.

In celebration, let's collectively retire the dated and vaguely sexist moniker Bond girl. These are not girls. Yes, they're easy on the eyes, but they're also smart, worldly, cunning, resourceful. Calling them girls is not only creepy and inaccurate; it undermines their power. As Bellucci said, "How can I be a Bond girl at 50? I'm not a girl.... I'm a mature woman." Exactly.

Sincerely,
Allure



Monica Bellucci with Daniel Craig

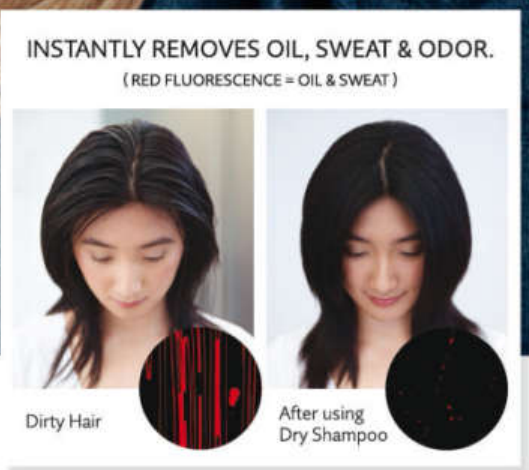
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Have you heard?

Dove's new Dry Spray Antiperspirant has everyone talking, including cousins Elana and Christina.

Besides having grown up together, Elana, 27, a marketing manager, and Christina, 26, a teacher, are lifelong friends. They got closer when both went to college in New York City.

ELANA: In college, we'd always try new fashion and beauty trends. We still rely on each other for honest advice and info.

CHRISTINA: I love that you told me about Dove Dry Spray. As a teacher in the classroom, I run around all the time. Dove Dry Spray has no dry time, and it smells great.

ELANA: One thing I love about it is the scent. It's so fresh. And you feel clean, smooth and dry from daytime to nighttime.

CHRISTINA: I'm really glad you shared it with me. Now let me borrow that top.





See what everyone's talking about.

Try new Dove Dry Spray and tell us about it at Dove.com/TryDry


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Multi Colors

Urban Decay's new Urban Spectrum 👀-shadow 🍪 is so 😱🙌👏, we can only say it with emojis. 👩 😍 💯 It's the size of a small 👜 and has a ✨ cover, an enormous mirror, and a secret velvet tray for 💍💍💍, not to mention 1️⃣5️⃣ of the most 💣 👀-shadow colors ever. Naturally, we ❤️ them all. Some of the shades are familiar (you might recognize Junkie, a ✨💚, or Madness, an 🌊 blue, from a previous limited-edition 🍪; some are 🆕, like Flashback, a ⚡ 🍡, and Backlash, a 🍥 pink. If you want to be a 😈 about it, yes, there are some neutral and ✨-free colors. But only a glittery, jewel-tone shadow, like Voodoo, is going to inspire 😭😭😭. —**DANIELLE PERGAMENT**

BEAUTY NERD

A LOOK AT HAIR SPRAY

There's a direct link between World War II military bug spray and your updo: The misting mechanism in hair sprays was first used in aerosol pesticide technology. But with bouffants came controversy. In the 1970s, scientists discovered that the propellants in hair spray called chlorofluorocarbons were rapidly depleting the ozone layer. After years of reformulations, hair sprays are safer and gentler. There's even the first aerosol that's alcohol-free: Pantene Pro-V Airspray.

POLYMERS

If you find hair sprays too sticky or crunchy, consider this: Early formulas relied on shellac—secreted from bugs—to hold the hair. Now they use a mix of polymers, molecules that form chain-like structures, to lock styles in place. These can be frustratingly stiff, so chemists tinker with them, adding silicones, oils, or keratin protein to create flexibility, says cosmetic chemist Arun Nandagiri, who's been formulating hair sprays since *Three's Company* was a hit.

SOLVENT

The polymers are dissolved in a solvent, usually a mix of alcohol and water. Early formulas were more than 80 percent alcohol (as far as solvents go, it kicks ass), but by 1999, California and several other states had put the kibosh on sprays with more than 55 percent alcohol (it can cause health and environmental issues). Pantene was able to eliminate alcohol entirely by mixing polymers with a light, water-based solvent. As the water evaporates, the polymers remain to set hair without feeling sticky or wet.



PROPELLANT

To get the polymers and solvents out of the can, you need a propellant. Chlorofluorocarbons got the job done—but at the expense of the ozone layer. Hydrocarbon propellants aren't as bad for the environment but can make hair feel unappealingly sticky. Most hair sprays now turn to dimethyl ether, a colorless gas propellant that is highly flammable but otherwise safe. —**JENNA ROSENSTEIN**



CLOCKWISE FROM BOTTOM LEFT: **CATHY CRAWFORD** (2); **HADLEY HUDSON**/THE LICENSING PROJECT

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MODEL: MARIA CHECA, PHOTOGRAPHY: JONATHAN BECKERMAN, HAIR STYLIST: JOSUE PEREZ

CULT OBJECT

TRIPLE THREAT

It's a lipstick; it's a phallus; it's a heat-seeking missile. Welcome to the darkly subversive world of photographer Steven Klein, whose erotic take on beauty has been cleverly distilled in the packaging of Nars's latest limited-edition collection. Klein's bondage-inspired images haunt much of the group of 23 palettes and box sets, but the heavy hitter is a brassy, red-tipped projectile with a twist-off bullet. Three velvety-soft lip pencils are parked in the chamber, all matte as hell and in scorching shades of innuendo. —FRANCES LITTLE

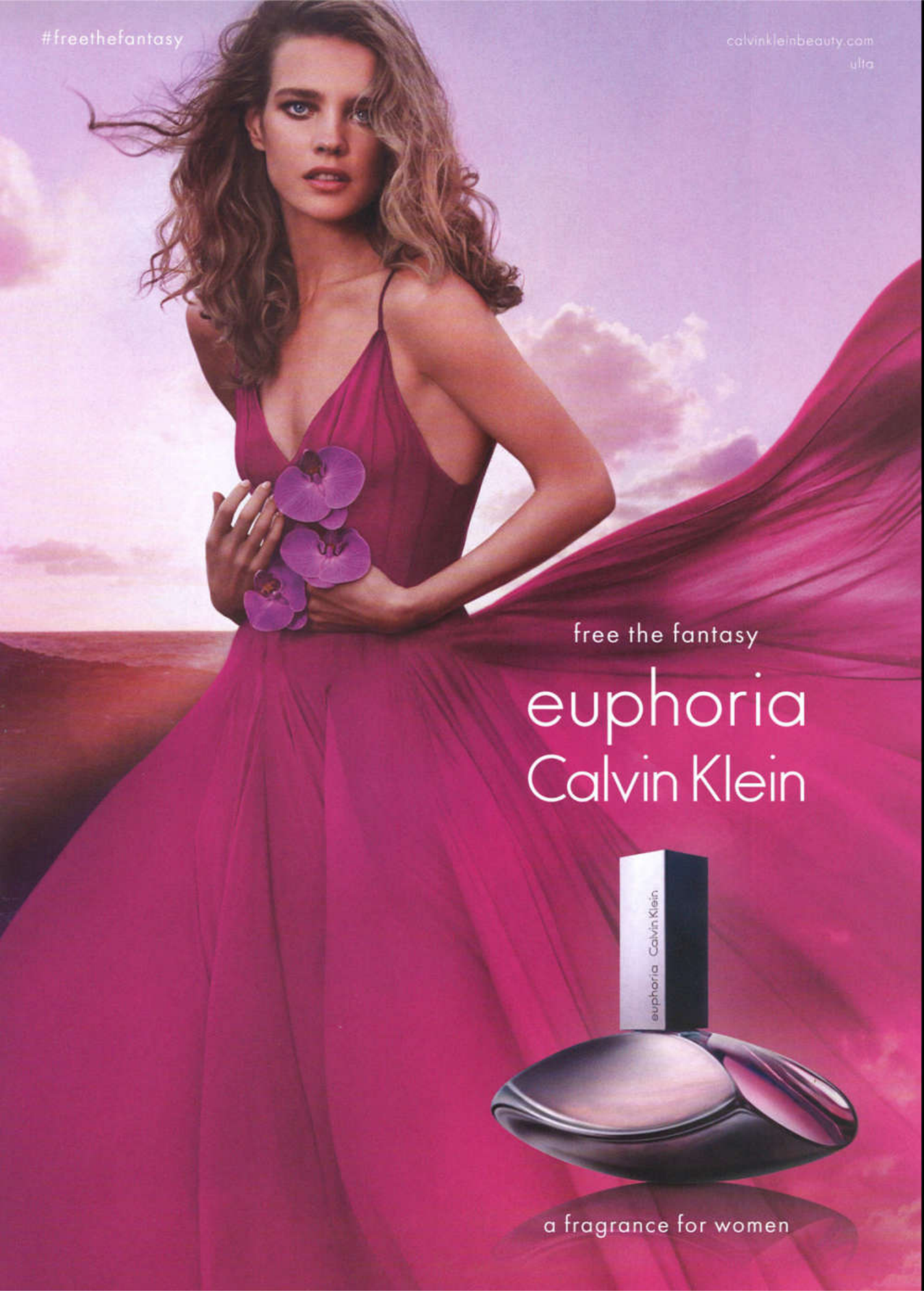
Nars Steven Klein An Abnormal Female Lip Pencil Coffret, $65 (narscosmetics.com).

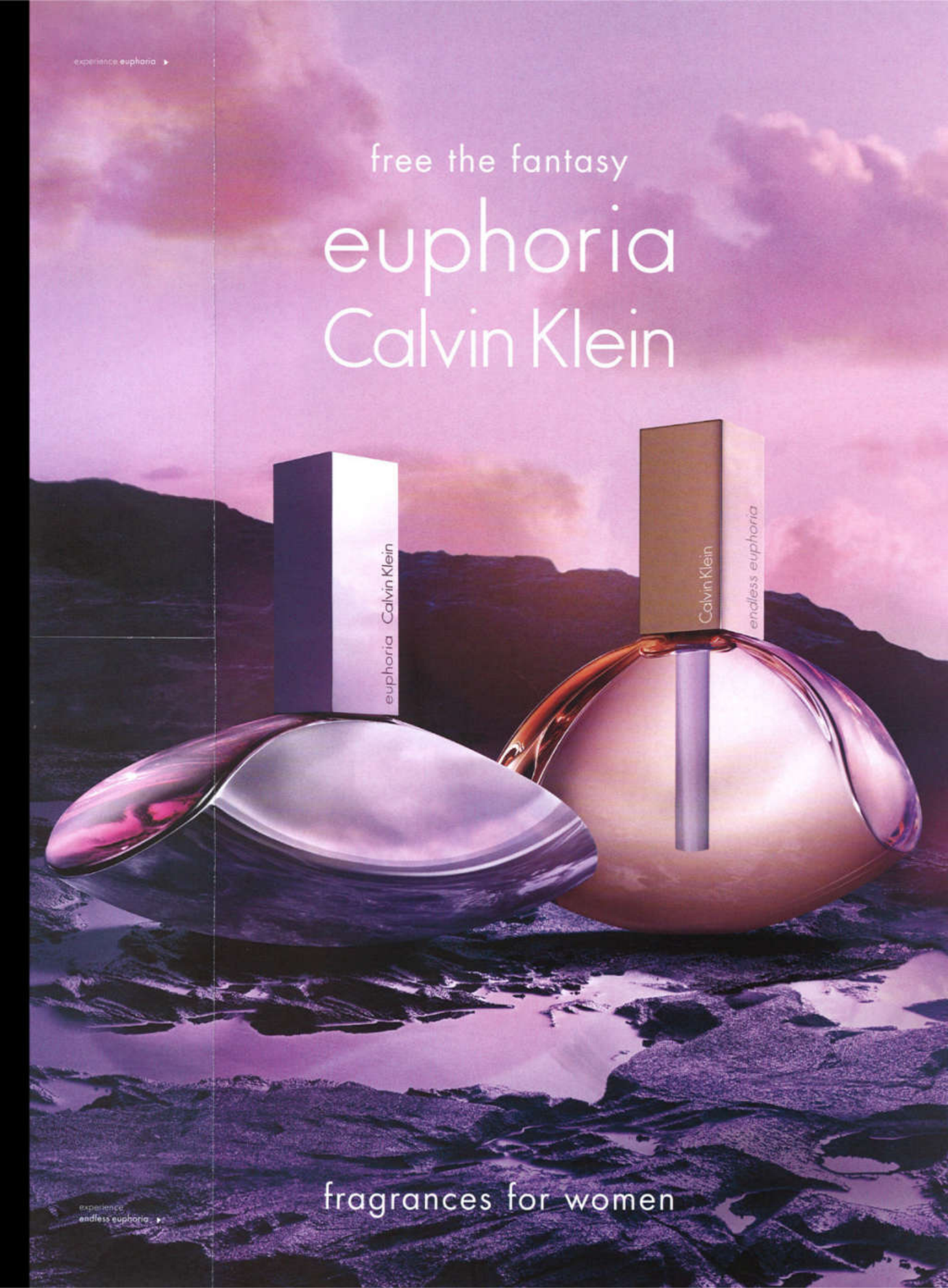


Inside!
Nars Velvet Matte Lip Pencil in (from top) Sex Machine, Dragon Girl, and 413 BLKR

CATHY CRAWFORD

WATCH AS WE UNBOX THE ENTIRE NARS STEVEN KLEIN COLLECTION ONLINE AT ALLURE.COM/NARS-STEVEN-KLEIN.


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BEAUTY PRODUCT FINDER



Eva Mendes

Actress, new mother, and prolific doodler.

Top skin concern looking tired all the time! x

Everyday makeup routine Tinted moisturizer + Dr Hashfka (sp?) lip Balm

Perfect hair day a turban! x

Worst hair mistake a turban!

Favorite beauty trick leaving corners of eyes open - not closing the corners w/ eyeliner or shadow 👁 👁 LJ

Typical day's diet Water, like a gallon, serious. Some type of fish for protein. Rice, and hopefully a veggie of some sort. And Chocolate! x

Best recent discovery that my favorite hair restaurant Delivers.

SHOPPING CART



Psssst! Dry Shampoo

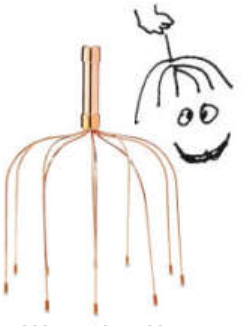


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*Mendes is the creative director of Circa and a spokeswoman for Estée Lauder New Dimension Skincare.

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FASHION Bulletin

Birdland

The winged migration of avian motifs across the runways represents disparate moods. The flocks from Rochas (a reinterpretation of a design from 1934) and No. 21 are stark and haunting. Gucci's sweater draws romantic Georgian embroidery into the present. And Valentino's coat is a clever trompe l'oeil of plumage. —**SIOBHAN BONNOUVRIER**



VALENTINO
silk brocade coat, $5,290, at Valentino stores.

DOLCE & GABBANA
beaded velvet shoes, $595, at select Dolce & Gabbana stores.

NO. 21
silk dress, $2,740 (numero ventuno.com).

ROCHAS
embroidered wool silk skirt, $3,275 (rochas.com).

LANVIN
metal clutch, $3,090, at Lanvin, N.Y.C. (646-439-0380).

Gucci embroidered wool sweater, silk blouse, silk lace shorts and skirt, leather-and-Astrakhan-fur shoes, canvas-and-python bag, brooch, earrings, rings, and beret. Details, see Shopping Guide.

LIAM GOODMAN (STILL LIFES); GORUNWAY.COM (RUNWAY)

Grid Lock

A fresh approach to plaid: Beautiful, unexpected colors and pieces that cut a neat silhouette.



Chanel Fall 2015

LUST
SEE BY CHLOÉ
wool coat, $895, at Bloomingdale's stores.

MUST
LOFT
polyester wool coat, $188, at Loft stores.

LUST
DEREK LAM 10 CROSBY
wool-blend top, $495, at Derek Lam 10 Crosby, N.Y.C. (646-747-4403).

MUST
BCBGENERATION
cotton rayon top, $68 (bcbgeneration.com).

LUST
BURBERRY
canvas bag, $695 (burberry.com).

MUST
KATE SPADE NEW YORK
cotton bag, $378 (katespade.com).

LUST
HILFIGER COLLECTION
wool skirt, $490, at Tommy Hilfiger, N.Y.C. (212-223-1824).

MUST
TORY BURCH
wool skirt, $250 (toryburch.com).

LUST
MIU MIU
wool dress, $2,420, at select Miu Miu stores.

MUST
SHOSHANNA
polyester cotton dress, $395 (shoshanna.com).

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Peter Copping is the creative director of Oscar de la Renta.

10 Beautiful Things

Oscar de la Renta is the most French of American fashion houses," says Peter Copping, who became the label's creative director a year ago after long stints as creative director for Nina Ricci and with Marc Jacobs at Louis Vuitton. Now Copping is refreshing a brand known for full-on femininity. An evening dress has a cascade of beaded flowers that would make the master proud and a thin leather belt to render it modern. "I'm stripping that structure underneath so clients have a different sense when they wear our dresses," he says. As for how he would update another de la Renta tradition, of dressing a first lady? (Or president?) "Fingers crossed," he says. —PATRICK ROGERS

1. Oscar de la Renta evening dress. "I thought it would be nice to bring the flowers up close to the face and let them trail down."

2. Oscar de la Renta cardigan. "Knitwear is what women actually wear. I like how graphic the applied lace makes this cardigan."

3. Oscar de la Renta shoes. "You could easily wear these during the day, and why not for evening with a black cocktail dress?"

4. Oscar de la Renta necklace. "Oscar had a piece of coral like this in the Dominican Republic. I thought it would be nice to scale it down and put it on a fine gold chain."

5. Shopping at de Vera in New York City. "The jewelry, antiques, religious objects—it's like walking around the Metropolitan Museum, but you can buy it all."

6. Vintage '70s Rolls-Royce Silver Shadow. "The interiors are very beautiful, and you can get one for $15,000 or $20,000. One day I'll have one."

7. Illustration by Tanya Ling. "I love the women she draws; they have such personality. I've always wanted to design a dressing room with Tanya's drawings all over."

8. Villa d'Este hotel, Lake Como. "One of the world's great hotels. It never fails to amaze me."

9. Nymphenburg porcelain figure. "I was at the studio of [designer] Ted Muehling, and I saw on the shelf an amazing porcelain Pekingese dog."

10. Fornasetti candle. "I love the malachite design on this container, but all of them are beautiful. They make perfect gifts."

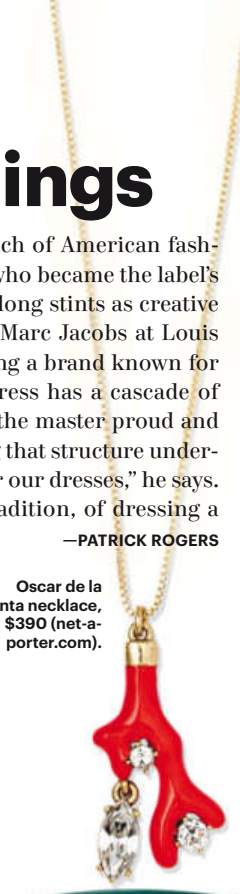

Oscar de la Renta embroidered silk cardigan, $1,890, at Oscar de la Renta stores.


One of the galleries at de Vera in New York City


The Queen's Pavilion at Villa d'Este on Lake Como, Italy

A vintage Rolls-Royce


Oscar de la Renta patent-leather sandals, $790, at Oscar de la Renta stores.


Oscar de la Renta necklace, $390 (net-a-porter.com).


Fornasetti Profumi candle


Oscar de la Renta embroidered silk gown, earrings, and belt. Details, see Shopping Guide.


Tanya Ling's painting of Copping's spring 2013 collection for Nina Ricci

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Leslie Mann

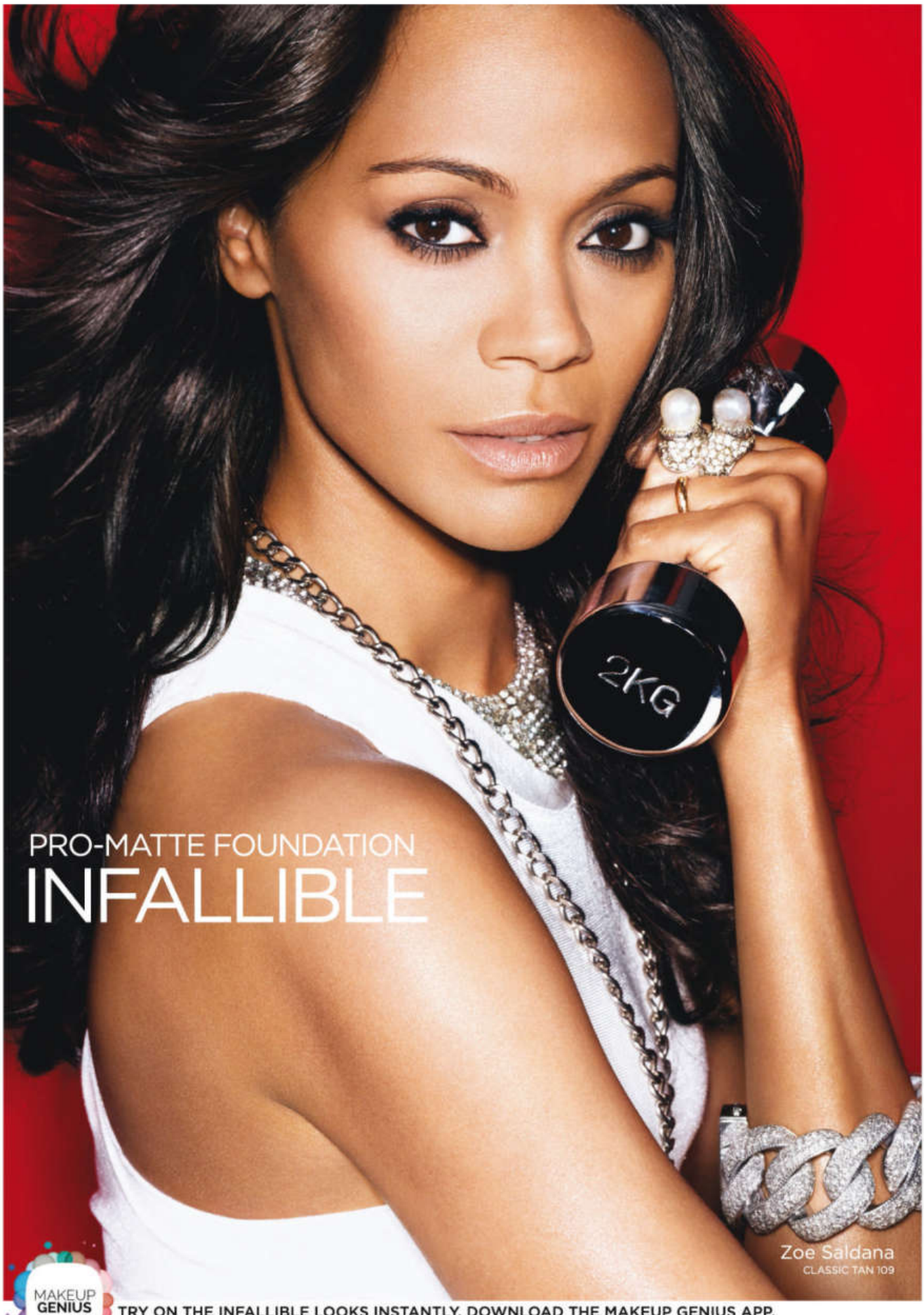
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Zip Lines

Prada's new bag is the bad girl of top-handle purses—a little slouchy, exotically dressed, and just a zipper glide away from coming undone. Open the outer case and up pops an inner one, brazen in its lipstick redness and, due to some clever stitched-in construction, not likely to stand down. Swing it high or low, but careful with the ladylike wrist hold. This bag has teeth. —FRANCES LITTLE

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Hair
"I've always idolized Diana Ross's hair. Why not have fun big curls? You see the same sleek waves everywhere."

Necklace
"Everything else in the look is sleek. The rounded detailing on this choker from Gogo Philip breaks up all the straight lines."

Top
"I'm a die-hard lover of high-waisted skirts with crop tops. This American Apparel top was a no-brainer."

We haven't seen this much gold since the last days of disco. New dresses from Gucci and skirts from Marc Jacobs and Lauren Ralph Lauren are a more refined take on a glitzy theme. "A long skirt could be too over-the-top gold and crazy," says Jillian Hervey, the 26-year-old singer of Lion Babe. "The fact that this one is sheer with black underneath makes it wearable for every day." She treated a Lauren Ralph Lauren lamé skirt as a staple, pairing it with sneakers, and then tugged it up high to make it a strapless dress. Silk polyester skirt, $298 (bloomingdales.com).

Jacket
"This vintage leather jacket is basically molded to my body."

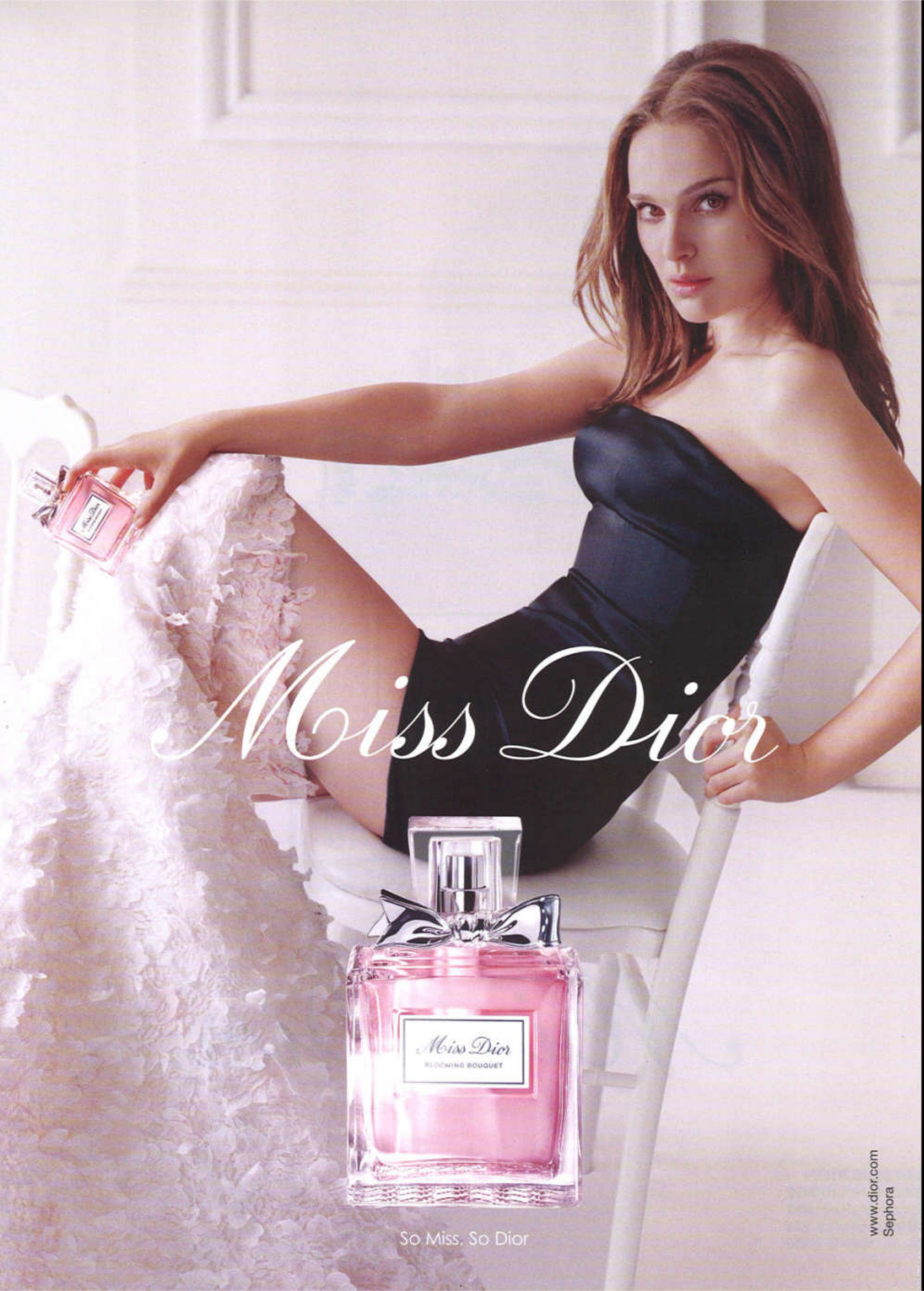
USER'S GUIDE TO *Style*

Gold lamé is as '70s as the Hustle and roller skates, but singer Jillian Hervey (Vanessa Williams's daughter) gives it a new spin.

By Chloe Metzger

Shoes
"My mom gave me these over-the-knee Stuart Weitzman boots. They were my first pair of I'm-a-grown-woman shoes."

JASON JEAN/CITIZEN COUTURE. THESE PAGES: HAIR, CHUCK AMOS; MAKEUP, YUVI. FASHION EDITOR: JARROD LACKS.


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FAVORITE THINGS

EYELINERS: "M.A.C. Liquidlast Liner and Stila liquid liner. I love a good cat eye." **NAIL POLISH:** "Butter London for gold sparkle." **BAG:** "My mom gave me her old black Prada backpack." **SKIN CARE:** "Rose-water spray." **MAKEUP:** "Laura Mercier Tinted Moisturizer." **LINGERIE:** "Hanky Panky thongs and La Perla anything." **STYLE ICONS:** "My mood board is archival images of Brigitte Bardot and Iman, and Naomi Campbell in the '90s." **VACATION SPOT:** "South Africa, for a safari."



JASON JEAN/CITIZEN COUTURE

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Jewelry
"The silver cuffs from India and vintage choker add extra flair to make this a night look."

Skirt
"The skirt has such a beautiful texture that wearing it as a dress seemed like a great way to show it off. It's something I would have worn if I'd ever gone to Studio 54."

Shoes
"If I'm going to mix gold and silver, I make my accessories all match. The Steve Madden platforms are sturdy enough to dance in."

SONG AND DANCE

Now on Hervey's iTunes:

Tame Impala, "Let It Happen"
"Love the psychedelic vibes. It's great for traveling and escaping life."

Ibeyi, "River"
"Great tune for the beach or morning tea."

Jidenna, "Classic Man"
"It's good for going out. I like to make my dogs dance to it."

Puff Daddy & the Family featuring Pharrell, "Finna Get Loose"
"Literally can't stop moving to this one."

Drake, "How About Now"
"I listen to this before shows, out with friends, or whenever."

JASON JEAN/CITIZEN COUTURE

1

I like to funk up my little black dress.





2

I love going Rocker Chic with leather, studs and super high stilettos.



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Jean shorties are my weekend go-to.

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THE VOW FACTOR

Something old, something new, something borrowed, and something so gorgeous that your friends, your fans, and the rest of the world will be talking about your wedding for years. These are the best nuptial looks, celebrity edition. **By Kristie Dash**

Have you ever drifted into an afternoon-long fugue state on the Knot—and you're not even dating anyone? There's a reason images of trailing white lace and romantic braids get posted and reposted, pinned and repinned, by the single, the engaged, and the married alike: Wedding beauty is the sweetest of eye candy. Here, women who tied the knot (literally—there are a few ponytails and chignons involved) with the best bridal looks in recent history.



Solange Knowles and Alan Ferguson in New Orleans, 2014

Hair
Knowles kept her wedding hair simple. There was no princess tiara, no fussy styling, and no sparkles or veil—just beautiful curls.

Makeup
Red lips are Knowles's signature. Makeup artist Molly R. Stern says choose a matte formula and layer: "Apply, blot, apply, blot."

Fashion
Everyone wore white to this wedding, but it was clear who was the main attraction. Three of Knowles's four different outfits that day had a cape.

SOLANGE KNOWLES

Cleavage on a bride is gutsy, but this is how to do it: with an otherwise covered-up look that's strong and unadorned, like the Stephane Rolland jumpsuit Knowles wore on the way to the ceremony. Factor in the cape and wedding-white bikes, and we're pretty sure Knowles is the coolest bride ever.

JOSH BRASTEAD/WIREIMAGE



Hair
"Everything looks kind of understated with a flower crown, and that's why it works here," says Teddi Cranford, a hairstylist and the founder of the bridal-beauty service White Rose Collective.

Skin
For wedding-day skin that looks natural and not contoured, just swoop highlighter on your cheekbones and the bridge of your nose, says makeup artist Stoj Bulic.

Sunglasses
There's something Jackie O. cool about wearing sunglasses to your wedding. But take them off for the ceremony—"till death do us part" calls for eye contact.

Keira Knightley and James Righton in the south of France, 2013

KEIRA KNIGHTLEY

Knightley had already worn this short Chanel dress before her civil ceremony, and she would wear it again afterward. "There's no fault in repurposing something you love," says celebrity stylist Micaela Erlanger. Ballet flats kept the casual theme going (well, as casual as it gets in Chanel couture).

Olivia Palermo and Johannes Huebl in Bedford, New York, 2014
Palermo's hairstylist, Lacy Redway, revealed how she made a ponytail look wedding-worthy, even with shorts (and a tulle skirt).



GET THE LOOK

1. Redway first parted Palermo's dry hair in the middle, then wet it with volumizing spray and blow-dried it.
2. She gently back-combed the top and sides, then made a ponytail and secured it with a bungee elastic. "Don't place it too high and tight or you'll look like a genie," says Redway. "But if it's too low, it'll be hidden."
3. Redway pulled out pieces at Palermo's hairline "so that in photographs, it would look like her hair was blowing in the wind."
4. Redway curled the ponytail and teased it for more texture.
5. She concealed the elastic with a section of hair.

TIP

Your wedding isn't the time to experiment with a new makeup scheme, but makeup artist Natalie Livingston likes to play with different blush shades. "It's a way to step outside your normal routine while still looking like you," she says. For Chrissy Teigen's wedding, Livingston used a cool lilac rather than the usual bronze. "It gave the whole look a fresh brightness," she says.



Chrissy Teigen before her wedding to John Legend on Lake Como in Italy, 2013
Teigen changed three times during the evening (this is look number one), but her designer (Vera Wang) and her makeup (flushed cheeks) were consistent.

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



Poppy Delevingne and James Cook in London, 2014

Makeup
Not all brides choose smoky eyes for their wedding-day makeup. But Delevingne's burnished version was sexy and not the least bit harsh.

Dress
The perks of being a Delevingne: Both Poppy and her sister Cara wore Chanel couture. The bride's gown was beaded and adorned with flowers.

MOOD LIGHTING

Makeup artist Charlotte Tilbury wanted Delevingne's face to look illuminated by candlelight for her big day. Here's how she created the romantic look.

1. Tilbury sculpted Delevingne's face by dusting bronzer along the hollows of her cheeks and sweeping highlighter on the tops of her cheekbones.

2. She blended metallic bronze eye shadows over her lids and lower lash lines, with an amber cream shadow on top.

3. Tilbury outlined Delevingne's mouth with a liner one shade darker than her natural lip color and filled it in with a pinkish-nude lipstick.

4. For a little bridal flush, Tilbury swirled peach blush on the apples of Delevingne's cheeks.

POPPY DELEVINGNE

Movie-star waves, smoky eyes, and two killer embellished dresses: Every aspect of Delevingne's weddings (yes, plural—the first was in London, the second in Marrakech) was manna for Pinterest.



Poppy with her sister and maid of honor, Cara Delevingne



Delevingne wore an Emilio Pucci gown for her second ceremony, in Marrakech.





Chely Wright and Lauren Blitzer in Litchfield, Connecticut, 2011
When country singer Chely Wright married Sony marketing director Lauren Blitzer, both wore classic white strapless gowns by J.Crew Bridal. And although their hairstyles differed—Wright chose a French twist, while Blitzer went with long, loose curls—the two agreed on one more style choice: no veils. "We like our hair too much!" Wright explained in an interview with *People*.

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Beauty to Have and to Hold

Whether you're saying your "I do's" barefoot on the sands of a far-off beach, or after walking down a flower-lined aisle, every bride wants to look her best for her wedding. Here are a few tips to make prepping for the big day a breeze.





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Your Hair

A sleek and modern chignon. A low and loose bun. A polished ponytail. Whatever wedding-day style you choose, it should be elegant, effortless, and enduring. Be sure to schedule a hair test-run with a stylist three months before your big day. Then go out on the town to make sure your 'do can stand up to the rigors of dancing the night away.



Your Makeup

The number one nuptials tip: Look like the best version of yourself. Keep your makeup simple and sophisticated, with matte eyeshadow, two to three layers of waterproof mascara, glossy lips, and neatly defined brows.



Your Nails

All eyes will be on your hands when the rings are exchanged—and your nails are the perfect place to flaunt a little bridal flair on your wedding day. A sheer pale-pink polish is clean and classic; a bold burst of color will add lovely contrast to your dress; and a chic cache of nail-art gems will complement your beautiful band of gold.

Learn more about how Dove beauty breakthroughs can make your skin bridal beautiful. Visit **dove.com**.

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Insiders' Guide

FALL VEGETABLES BY YOTAM OTTOLENGHI PLUS CAREER WISDOM FROM ANNE-MARIE SLAUGHTER



HOW TO CHOOSE THE BEST BOOTS FOR FALL

An interview with Italian shoe designer Gianvito Rossi.

Stand tall. Boots with heels are much more flattering to your legs than ones that are totally flat. If you're not comfortable with a lot of height, look for styles with thick heels an inch or two high—they're easy to walk in.

Cover up. Right now over-the-knee boots with rounded toes and chunky heels look modern. You want them to hit at least three inches above your knee. They look great with a short dress and long coat—you see a little skin. Make sure they're not tight when you bend your legs.

Or show your ankles. Booties are big for fall, too. The best-looking styles lace up the front but have a zipper in the back for easy access. Pointed or round toes, chunky or narrow heels—they all work. Just keep the top of the booties below your ankle, and if you wear pants, they should be cropped so they don't cover the laces.

Go beyond black. There are so many boots in wonderful colors and textures now that black leather almost seems tired. If you want to play it safe, look for charcoal or light brown—those earthy tones are especially beautiful in suede. Or take a risk with rose-colored suede or a rich, dark red. —**INTERVIEW BY DANIELLE PERGAMENT**

PATRICK JANELLE

Fashion stylist Tina Leung in a Rochas dress and Gianvito Rossi boots



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HOW TO BALANCE YOUR WORK AND YOUR LIFE

In 2012, Anne-Marie Slaughter's essay for *The Atlantic*, "Why Women Still Can't Have It All," about the struggle to reconcile parenting and work, went viral, sparking thoughtful conversations—and heated arguments. "The reaction was overwhelming. It created a platform I never expected to have," says the foreign-policy expert and CEO of New America, a think tank. We spoke to Slaughter about *Unfinished Business: Women Men Work Family* (Random House).

Why is it so important to rethink how work and family coexist? "The question is too often seen through the lens of the harried working mother. But we all have care in our lives. We care for our parents, for our spouses and siblings. Valuing that balance has to be something everyone sees as imperative or we won't make meaningful change. Both men and women are responsible for providing the combination of income and nurture that allows those who depend on them to flourish. Women managed to claim their place as competitors and still be feminine, and men will be able to claim their role as caregivers without giving up their masculinity."

What changes would help? "We should all expect to work for companies and institutions that view caregiving itself as an asset. Employees who care for children, aging relatives, or any loved one are not a liability—they have experience and insights that will help them on the job. It's not just workers who will benefit from this shift but employers, too. Think about all the talent we squander because we can't find flexible work for people who need more time to be with their families."

What can women—and men—do now? "There will be periods when you work very hard at a career and periods when you spend more time on other commitments. If you're strategic about it and think about your career as a portfolio of different skills and experiences, you can find ways to keep your networks fresh and your skills sharp even as you slow down and move laterally or even backward for a while. This kind of pattern is consistent with the way that the economy is evolving." —**ELIZABETH ANGELL**

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HOW TO SEX UP YOUR VEGETABLES

An interview with Yotam Ottolenghi, the chef-owner of Nopi restaurant in London and a coauthor of *Nopi: The Cookbook* (Ten Speed Press).

People tend to see vegetables as a side dish, but I think they shouldn't be an afterthought. If you roast red-onion wedges and butternut squash with whole spices, then toss that with lentils or farro, that is a real, proper meal—and to me, much more interesting than a hamburger.

Respect the shape. People often cube or julienne vegetables, but I like to honor their original shape. I cut beets into wedges to maintain their roundness. If I cut carrots at all, I slice them lengthwise.

Find the sweet spot. Hearty root vegetables need cooking and flavoring, but you can still overdo it. When I roast an eggplant to make baba ghanoush, I cook it within an inch of its life to get that smoky flavor. But an overcooked sweet potato can turn into baby food. Through trial and error, you'll find the point when vegetables are their sweetest and most flavorful.

Experiment. If you sprinkle crumbled raw cauliflower over a salad, it stands in for cheese. If you shave it and toss it with vinegar, it's a slaw. If you brush it with olive oil, sprinkle it with salt, and bake it at 350 degrees for two hours, it turns soft and sweet and beautiful. I surprise myself all the time by testing new techniques.

Play with texture. I always try to have a variety of textures in one dish, so I often add a sprinkling of toasted, flaked almonds. Another favorite trick is to fry a bunch of coriander seeds in olive oil, then spoon them over roasted butternut squash.

Cook your herbs right. I like to tie hearty herbs—rosemary, thyme, oregano, sage—together like a bouquet and put that in the oven with whatever I'm roasting. You wouldn't want to eat these herbs, but they add a wonderful aroma to the dish. —**INTERVIEW BY DANIELLE PERGAMENT**



GRETCHEN RÖEHRS (PHOTO ILLUSTRATION)





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Skin Detox

There's a restaurant in Los Angeles called the Springs where you can drink mineral resin scraped off Himalayan rocks, eat a raw dinner, and then get a colonic, perhaps the most disappointing dessert ever. This whole clean-living craze isn't going anywhere. And if it weren't enough to detox one's innards, the notion now extends to the skin. The gist: Lots of gunk, like pollution, makeup, and bacteria, sits on your skin and clogs pores. "Pollution ages our skin more than we ever thought," says Zoe Diana Draelos, a dermatologist at Duke University. "Some sources even act like UV radiation on skin, creating the same free radicals that cause wrinkles and age spots." Detoxing your skin, luckily, is more appetizing than a sludgy ash smoothie. **By Elizabeth Siegel**

New soft clay masks suck out dirt—without sucking skin dry.

BRUNO POINSARD/FOLIO-ID.COM



THE TRUTH ABOUT TOXINS

Calling them toxins may be an exaggeration, but pollution, cigarette smoke, and general grime are worse for the skin than experts once believed.

The outdoors is aging. "We used to think that sun exposure was the only threat outside," says Jean Krutmann, a toxicologist and professor of dermatology and environmental medicine at the University of Düsseldorf in Germany. (He is also the head of the Leibniz Research Institute for Environmental Medicine, where much of the pioneering research on pollution and skin has been conducted.) "Now we know that pollution also causes pigment changes and wrinkles." The biggest culprits are soot and diesel exhaust: They're coated in something called polyaromatic hydrocarbons, which are really good at getting into skin, where they bind to skin-cell receptors, causing oxidative stress and activating genes involved in aging. "They trigger genes responsible for wrinkle formation and inflammation, and melanocyte proliferation that causes uneven pigmentation," says Krutmann.

The impact varies. Ozone gases make matters worse by depleting skin of antioxidants. Krutmann explains, "The aging effect is worse on hot days when there's a lot of UV radiation, or in the winter when there's more particulate matter." (Particulate matter is a term for solid particles and liquid droplets in the air.)

It harms your skin's barrier. Squalane, a moisturizer found naturally in your skin, is also depleted by dirt, smoke, and exhaust. And therein lies the double whammy: Dry skin is more susceptible to pollution's damaging effects, says Krutmann.

Moisturizer helps. Pollution sticks to your moisturizer and makeup like flies to flypaper, which means that "less pollution touches your skin," says Draelos, a consulting professor of dermatology at Duke University. Still, the stickiness can backfire. "I'd never touch up my foundation without wiping off my skin first—you're pressing pollution in," she says. "Washing your face before bed is important, because you don't want particles trapped against your skin overnight."

Dirt Devils

Washing your face every night—well, yeah. But to battle pollution and other agers, there are ways to amp up your dirt-erasing method.

Creamy cleansers

They're less drying than foaming cleansers or bar soaps. But they don't remove the nanoparticles of pollution as well. Best of both worlds: "Use one with a brush," says Ron Robinson, a cosmetic chemist. Try a Clarisonic brush or the Clinique Sonic System Purifying Cleansing Brush.

Face wipes

Wipes sweep away dirt without water, which is nice when you're too lazy to drag yourself to the sink. "Don't rely on these if you live in a city where pollution is high," says Draelos. The exception: exfoliating wipes with acids, which remove more grime, says Jeannette Graf, a dermatologist in Great Neck, New York. They're too harsh to use every night, so save them for when you're beyond tired. (We like Ole Henriksen Grease Relief Cleansing Cloths.)

Oil cleansers

They remove oil-soluble dirt and makeup along with the pollution that's stuck to it—and a creamy cleanser finishes the job. Smooth an oil, like Shu Uemura Anti/Oxi SkinRefining Cleansing Oil or Garnier Clean+ Nourishing Cleansing Oil, over dry skin; rinse; then follow up with a creamy face wash and water.

The Myth of Sweating It Out

If hot yoga is your idea of hell, do we have good news for you. Sweating it out—the "it" being tequila, pollution, or a big, sinful dinner—is not the cure. "People get focused on the need to sweat because they think it eliminates toxins from the body," says Dee Anna Glaser, a sweat specialist and professor of dermatology at Saint Louis University School of Medicine. It doesn't. Your sweat is 99 percent water, and 0 percent pollutants, alcohol, or preservatives. "Exercise doesn't do much for toxin clearance—that would be the liver and kidneys," says Glaser. You can't flush it out, either. "The kidneys are good at excreting toxins regardless," she says. "Detox diets and water won't flush out your system any faster."

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Sea Salt

Salt scrubs and soaks claim to detox skin with minerals (an unsubstantiated claim), but their real benefits may come from salt's moisturizing effects. In a study at the University of Kiel in Germany, participants with chronic dry skin soaked in sea salt for 15 minutes and found their skin's moisture barrier was significantly stronger for a full six weeks. "When you improve the skin's barrier function, it is very likely that less particulate matter penetrates skin," says Krutmann.



C. Booth All-Over-Body Sea Salt Body Scrub, Tree Hut Soothing Himalayan Salt Scrub Cherry Blossom, and Dermalogica Hydro-Active Mineral Salts



Antioxidants

They don't totally protect your skin from pollution, but they do play a big role in detoxing. "Antioxidants decrease the damage caused by pollution, including pigment formation and the breakdown of collagen and elastin," says Krutmann. Look for serums with vitamin C, idebenone, niacinamide, or multiple botanical antioxidants, like the pomegranate, mangosteen, and berry extracts in the Estée Lauder Nutritious Vitality serum; Graf says, "studies show antioxidants work synergistically."



Olay Total Effects 7 in One Anti-Aging Moisturizer, Prevage Anti-Aging Daily Serum, and Estée Lauder Nutritious Vitality 8 Night Radiant Overnight Detox Concentrate



Charcoal

This works like a vacuum. "Charcoal is absorbent enough to pull all the gunk you don't want, like pollution and dirt, out of pores," says Robinson. It comes in face washes and konjac sponges, but in order for it to work, charcoal has to sit on skin for a full minute. For that reason, either leave the cleanser on skin for that time or choose a charcoal mask.



Bioré Self Heating One Minute Mask, Origins Clear Improvement Active Charcoal Mask, and Freeman Feeling Beautiful Charcoal & Black Sugar Polishing Mask



Soft clay

We can all learn a few things from Brooke Shields in *The Blue Lagoon*—like, mermaid hair is sexy, and covering yourself in mud is a good idea. Soft clay masks are a new version of the old familiar clay masks. They work the same way as charcoal, by drawing dirt out of skin, with an added benefit: The clay is mixed with moisturizing botanical oils (like lavender, sweet almond, and safflower) to hydrate. "It's better for dry and sensitive skin than charcoal, which can soak up too much oil," says Robinson.



Tammy Fender Purifying Luculent Masque, Ren Invisible Pores Detox Mask, and Charlotte Tilbury Goddess-Skin Clay Mask



Algae

Algae, like seaweed, can protect skin. "It stimulates blood flow in the skin enough to make you glow," says Graf. It's not as cleansing as charcoal or clay, but it is often mixed with one or both in face masks. She adds, "Algae is a good antioxidant, and it's rich in detoxifying minerals."



Coola ER Fresh Relief Face Serum, The Seaweed Bath Co. Whole Seaweed Detox Bath, and Aveeno Positively Nourishing Purifying Body Wash

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Makeup CLASSICS

STRONG EYES

Before tough rocker chicks had tough rocker-chick eye makeup, there was Jean Shrimpton. Her heavy liner and thick lashes in this 1965 photograph look both innocent and worldly.

How to get the look: Draw a thick line with black pencil along your lashes and darken the lid with a sooty shadow. L'Oréal Paris Smokissime in Black Smoke, a smudgy powder liner, does it all.

BERT STERN/CONDÉ NAST ARCHIVE

Some makeup trends are so stunning that they transcend their era—and every era. We've rediscovered seven looks that inspire us all over again. **By Danielle Pergament**



Adriana is wearing Eye Studio® Master Precise® Liquid Liner.
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RADIANT SKIN

Healthy, glowing skin, epitomized by Candice Bergen in 1967, conveys happiness, youth, and an outdoorsy life.

How to get the look:
Moisturize your skin thoroughly, then dab highlighter on the high points of the face—nose, cheeks, brow bones. Smashbox L.A. Lights highlighters have a built-in sponge for blending shimmer into a sheer glow.



WINGED LINER

Women have been drawing out their eyeliner since the dawn of kohl. Pull it out toward the temples and it's positively feline. Or take a page from Vicomtesse Jacqueline de Ribes in 1985 and extend it just a touch for a look that's simple and elegant.

How to get the look:
Trace the upper lid with a liquid liner right at the roots of your lashes, flicking the brush up at the outer corner. Then fill in the space below the flick. Givenchy Liner Vinyl in Black Vinyl gives you an inky finish and superior control.

FROM TOP: CONDÉ NAST ARCHIVE/CORBIS; **DAVID LEES**/THE LIFE IMAGES COLLECTION/GETTY IMAGES



Gigi is wearing New The Falsies® Push Up Drama™ Mascara in Very Black.
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CRIMSON LIPS

Cherry-red lipstick is the color of femmes fatales, Snow White, Hollywood pinups, and their amalgamation: Kim Basinger.

How to get the look:
Use a lip brush for a precise, even application, or try a liquid lipstick. Estée Lauder Pure Color Envy Liquid Lip Potion in Lethal Red has a slanted applicator that lets you outline lips before you fill them in.

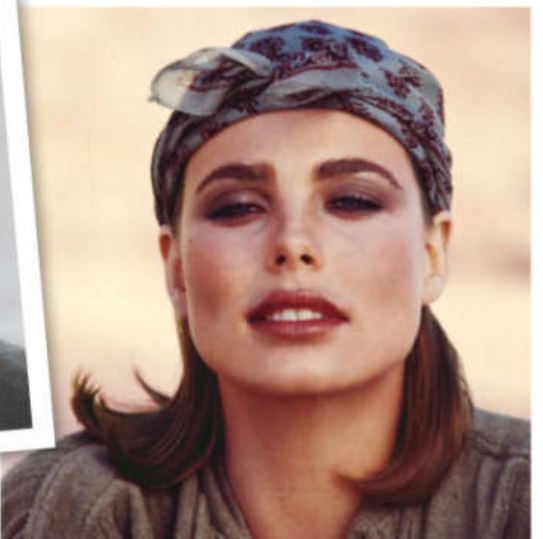




THICK BROWS

Full, strong, and slightly masculine, Margaux Hemingway's brows were truly remarkable. On her, they came naturally; the rest of us can have help.

How to get the look:
Comb through brows with a spooley brush before bulking them up with powder. A light layer of clear wax prevents smudging and adds a sheen. Maybelline New York Eye Studio Brow Drama Pro Palette includes three shades of powder and two brushes.



FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



Kemp is wearing Color Sensational® The Buffs Lipcolor in Nude Lust.
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DRAMATIC LASHES

Diana Ross's lashes, here in 1975, were as lush and glamorous as the singer herself. Real or otherwise, they made a statement—or in her case, an exclamation point.

How to get the look:
For lashes this long, try a two-step kit with fiber extensions. You apply a coat of mascara, then lash-extending fibers and another coat of mascara. The fibers in Physicians Formula Eye Booster Instant Lash Extension Kit don't smudge or fall into your eyes.



PALE LIPS

Softly neutral, slightly shiny, incredibly feminine—Barbra Streisand's warm beige lip color was one part ingenue, one part vixen, and entirely timeless.

How to get the look:
Generously coat your lips with a fat crayon in a shade slightly richer than the color of your mouth. We like the barely there shine of Clinique Chubby Stick Moisturizing Lip Colour Balm in Heaping Hazelnut.

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



Adriana is wearing Color Sensational® The Reds Lipcolor in Red Revival.
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Will Cotton, *The Coming Storm*, 2014

November 2015

This issue is dedicated to finding *happiness*. And swirls of *cotton-candy clouds* are a *nice* place to start.

COURTESY OF MARY BOONE GALLERY









IndePendence is happiNess.
—SUSAN B. ANTHONY











If yOu waNt to Be haPpy, be.
—LEO TOLSTOY



FROM TOP: HENRI MATISSE. *TWO MASKS (THE TOMATO)*, 1947 © 2015 SUCCESSION H. MATISSE/ARTISTS RIGHTS SOCIETY (ARS), NEW YORK; ANDY WARHOL. *FLOWERS*, 1970 © 2015 THE ANDY WARHOL FOUNDATION FOR THE VISUAL ARTS, INC./ARTISTS RIGHTS SOCIETY (ARS), NEW YORK. FOR ADDITIONAL PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



RED LIPS AND LUSH LASHES
Brightening your eyes and mouth sends a Morse code message about your mood. Choose a red lip color with some shine and fire (not a gloomy wine, please) and concentrate mascara on the outer corners for an eye-widening curve.

Wool top by Stella McCartney. Leather bag by Bally. Earrings by Mona Assemi. Long Last Glosswear in Cupid's Bow by Clinique. These pages: Makeup, Violette; hair, Franco Gobbi; manicure, Tatyana Molot. Model: Romee Strijid. Fashion editor: Siobhan Bonnouvrier. Details, see Shopping Guide.

COLOR THERAPY

Happy is as happy does. So go ahead and add a little joy to your everyday makeup with these proven mood lifters. By Liana Schaffner

This is a story about looking happy, and we'll get to that in a second. First, a moment of cynicism: Happiness in the form of persistent cheer or blind optimism rubs some people the wrong way. It's why Pollyanna and Kimmy Schmidt have an uphill battle converting all those haters; it's why Little Orphan Annie, with her mantra about the sun coming out, was usually left confiding in a dog. Rosy outlooks are isolating when they're loud and declarative. But expressed subtly, they're enticing... and that's the way we look at makeup this very minute.

"High-energy color has a magnetic appeal," says makeup artist Dick Page. And as color therapists have noted, vibrant shades can also legitimately boost our mood. Studies suggest that orange and red promote enthusiasm and self-confidence, while pink has a soothing effect. Strategically applied to lips and cheeks, these shades hint at internal contentment—not the loud, gloating kind. Add a little balm to up the shine factor and we swear you'll inspire others to put on a happy face.

PHOTOGRAPHED BY SEBASTIAN KIM

liPs



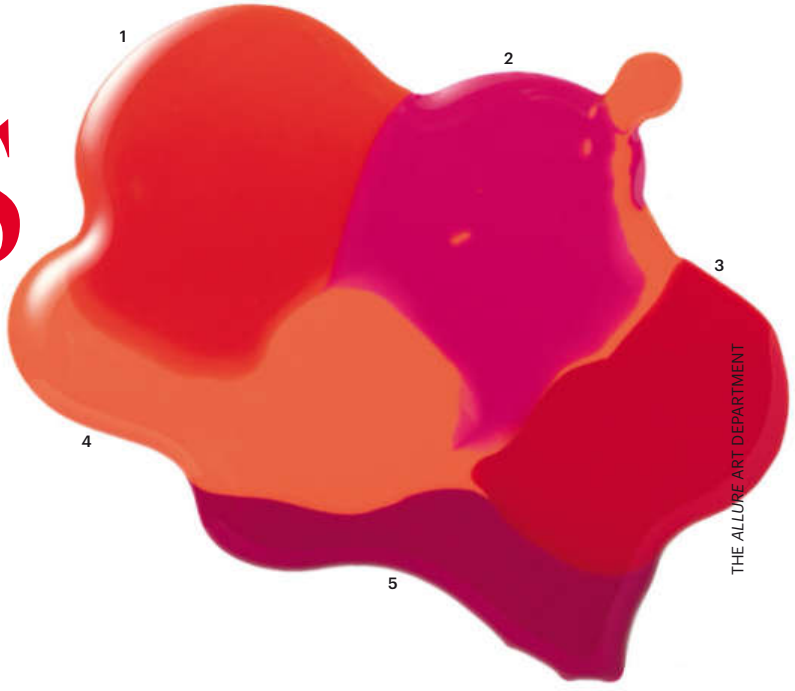
1. Urban Decay Matte Revolution Lipstick in ***Tilt***
2. Revlon Ultra HD Lipstick in ***HD Azalea***
3. M.A.C. Viva Glam Lipstick in ***Miley Cyrus II***
4. Givenchy Le Rouge Lipstick in ***Fuchsia Irrésistible***

cheeKs



1. E.L.F Studio HD Blush in ***Diva***
2. Circa Ultra Suede Cream Blush in ***Capri***
3. Sephora Collection Colorful Cheek Ink Gel in ***Water Lily***
4. Make Up For Ever Aqua Cream in ***10***
5. Stila Aqua Glow Water Color Blush in ***Water Poppy***
6. Rimmel London Stay Blushed Liquid Cheek Tint in ***Pop of Pink***

naiLs



1. Essie nail polish in ***Clambake***
2. Sally Hansen Miracle Gel in ***Tipsy Gypsy***
3. Butter London Patent Shine 10X nail polish in ***Smashing***
4. Jinsoon nail polish in ***Enflammée***
5. Deborah Lippmann nail polish in ***Sexyback***

THE *ALLURE* ART DEPARTMENT



ROSY CHEEKS AND PINK LIPS

For a rosy complexion, think beyond rose and pink. Mix orange cream blush (coral for fair skin) with a dab of balm and spread it over the apples of your cheeks, up to your cheekbones. The wash of color mimics an honest-to-goodness flush. Saturating lips in high-wattage pink gives all that dewy, "golly gee" innocence some backbone.

Wool-blend dress by Salvatore Ferragamo. Sunglasses by Céline. Makeup colors: Les Beiges Colour Stick in No. 21, Rouge Double Intensité Ultra Wear Lip Colour in Shocking Pink, and Nail Colour in Dragon by Chanel. Details, see Shopping Guide.



CROWNING GLORY

JEWELED HEADBANDS

If the Borgias went to Coachella, this is what their hair chains would be like: sparkly pins, strings of pearls, ruby-red gems, and lots of gold. Dolce & Gabbana embellished simple black headbands with ornate jewelry inspired by "the brooches in your mother's trinket box," says hairstylist Guido, who used them to make simple center-parted buns look positively regal.



HAIR FLOWER

Flowers are as sweet as hair accessories can get. But a bloom of pink sequin-sprayed petals positioned at the end of a loose braid is sweet *and* audacious. Swinging against Chanel, it's breathtakingly chic.

THIS PAGE AND OPPOSITE PAGE: IMAXTREE.COM.

Designers are no longer content to send a model in a mere chignon down the runway. They're piling diadems of vintage jewelry and webs of flowers on the hair. And we'd like to thank them for it. These new adornments are a three-second path to head-turning hair. Forget perfect blowouts, glossy waves, or intricate braids—the accessories are most stunning with the simplest bends or ponytails. **By Lexi Novak**



GARLANDS

The new Gucci girl is a little nerdy and eccentric. In his first collection, designer Alessandro Michele traded deep cleavage and high heels for geek glasses, bow blouses, sweater-vests, and loafers lined with fur. His models' hair looks careless, but it isn't unadorned: A tangle of flowers adds quirky charm.

IMAXTREE.COM

The accessories on all these pages are perfect for DIY. Erica Chan Coffman of the blog Honestly WTF made them for us—and broke down the process step-by-step at allure.com/DIYaccessories.

VOILETTES

First, a French lesson: "*Voile*" means veil. "*Voilette*"? Mini veil. Designers, celebrities, and street-stylers are embracing *voilettes* in a cool, irreverent way, wearing them tied like a blindfold (at Chanel couture), as a headband (at Giambattista Valli couture), or tucked under a baseball hat (on Rihanna). The swath of netting looks best with loose hair or a basic ponytail or bun.



Giambattista Valli couture Spring 2015



Beyoncé at the Metropolitan Museum of Art's Costume Institute Gala in 2014



Chanel couture Spring 2015



Rihanna in 2014

FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.



LEATHER CUFF

A leather ponytail holder is the Ali MacGraw of hair accessories: chill but sexy, and huge in the '70s. "They're something the girls at my high school used to wear," says hairstylist Orlando Pita, who made this version for Derek Lam's fall show. The leather has a rough-hewn quality that contrasts nicely with a smooth, neat ponytail.

Tip: Secure your hair with a small, clear elastic first. Then feed the stick *through* the base of the ponytail (not under it) so it doesn't slide off.



Gisele Bündchen in Rio de Janeiro in 2001

Orlando Bloom planting a kiss on David Beckham in Milan in 2009

Kirsten Dunst in Los Angeles in 2004

Arizona Muse at the Metropolitan Museum of Art's Costume Institute Gala in 2012

THIS STORY: ART PARTNER LICENSING



Sienna Miller and Georgina Chapman at the amfAR gala in Cannes in 2015

The Pursuit of HAPPINESS

Money and power used to be everything. Today, there's a whole industry devoted to happiness, fueled by TED talks, apps, and self-help books. So read on—the truth will make you smile. By Elizabeth Siegel

PHOTOGRAPHED BY MARIO TESTINO



Kate Moss draws a mustache on photographer Mario Testino in London in 2006.

Social Studies

If you've ever had dinner with your iPhone, please flip it on airplane mode. Research suggests that connecting with friends on social media isn't as gratifying as doing it IRL.

1 **Check your feed less.** The more time millennials spent on Facebook, the more their mood worsened, according to a study from the University of Michigan. But talking to friends in person made them happier.

2 **Time your posts.** The number of happy tweets spikes worldwide between 5 A.M. and 6 A.M., then tapers off until it reaches a daily low at 10 P.M. (Around the same time, profanity is at its highest—WTF?) This is according to a three-year analysis by the University of Vermont of 4.6 billion tweets.

3 **Be picky.** You don't have to be BFFs with everyone you follow on Instagram, but you should at least know most of them in real life. The more strangers you follow, the more likely you are to compare yourself with others and bum yourself out, according to a Pace University survey of millennials.

Can You Buy Happiness?

The answer is yes—you just have to know exactly where to shop.

Be generous. "Buying a cappuccino for a friend makes you happier than buying one for yourself," says Dan Ariely, a professor of psychology and behavioral economics at Duke University. "It changes the way you think about yourself and the way other people interact with you. All these things have longer-lasting happiness effects."

Be adventurous. Spending money on experiences (theater tickets, a trip to Barcelona) makes you happier than spending on objects. "Experiences have three components that bring you happiness: the anticipation, the experience itself, and the memories," says Ariely. "Unusual experiences give you even more pleasure because you remember them longer." He takes his family on quirky trips, like to Iceland in winter or to a camp with music classes. "Vacation for most people means drinking mojitos on a beach," he says. "Going to lectures doesn't seem high on the list, but you'll remember it years later. It changes the way you experience the world."

Elizabeth Gilbert on Finding Joy

She traveled halfway around the world in search of happiness—and it worked. Now Gilbert, who you may have heard wrote a little book called *Eat, Pray, Love*, has recently published *Big Magic: Creative Living Beyond Fear* (Riverhead Books), about how to foster creativity.

What was the single happiest moment in your life? "Oh, God, right this instant. I had a crazy-unhappy life before you ever heard of me. Anyone who has ten bucks to buy *Eat, Pray, Love* knows my story. I was perfectly good at making my life a disaster, and then I went off to figure out my place in the world, and it worked. The counterargument is that is a very selfish thing to have done. The argument I make is that I was serving nobody when I was miserable."

Is happiness narcissistic? "The greatest community service you can offer the world is to become one less miserable person, whatever that takes. I'd rather be around a happy narcissist than a miserable one. I know this, having been depressed. When you're depressed, you spend 100 percent of your time thinking about yourself. A happy person, by comparison, thinks about herself only 97 percent of the time. They actually have something left over to give."

What's the secret trick? How can you make yourself happier? "If there is a secret ingredient, it is that there is no happiness without gratitude. It doesn't matter how much good stuff is poured on. If you don't have gratitude, all you can see is what you didn't get and what someone else has. But there is always going to be someone who looks at you and thinks, Man, she's got it made. A steadfast gratitude practice—wow, that's the business right there."

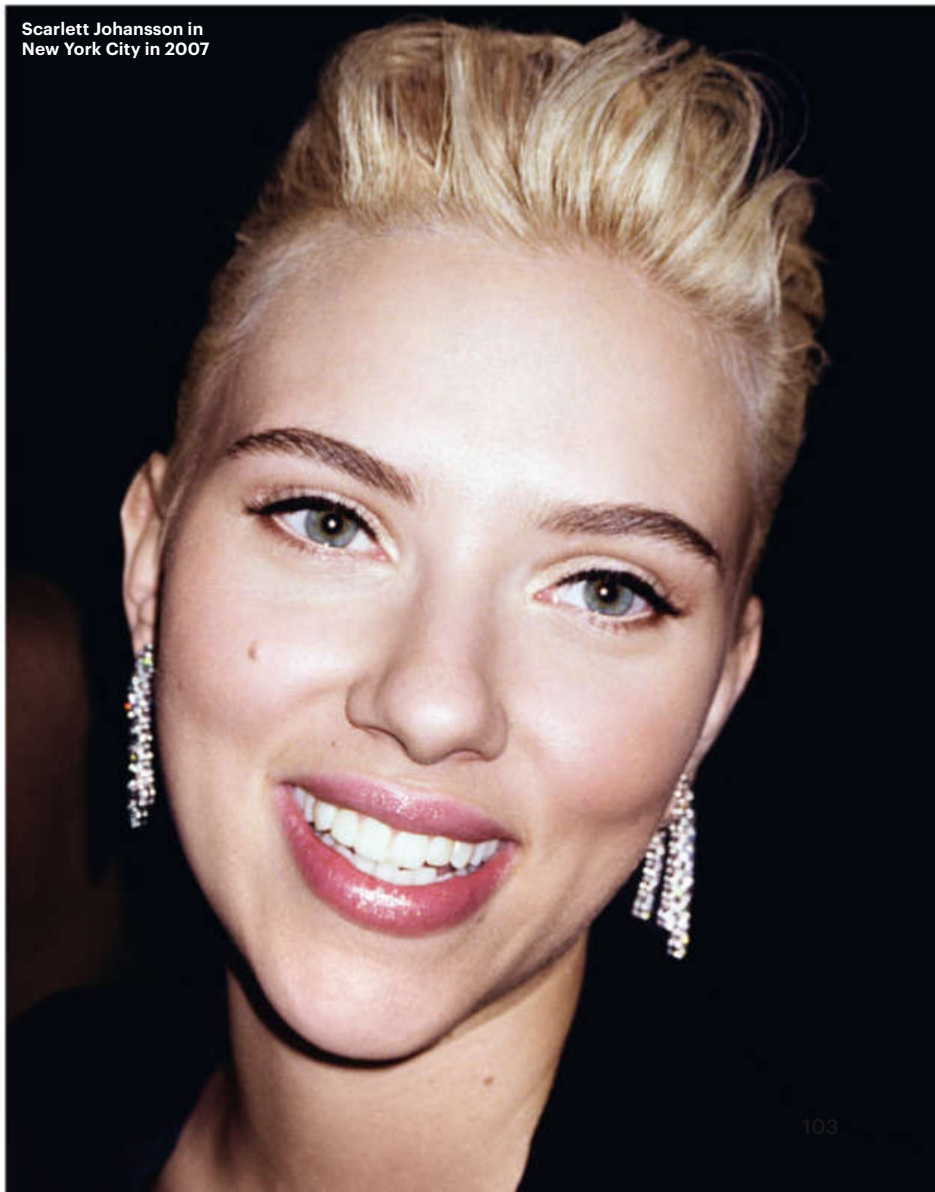
How much do your surroundings play into your level of happiness? "I'm a big fan of running away. People say you shouldn't change deck chairs on the *Titanic*. But I say take your deck chair and find a safer part of the ship. Ultimately, we're all going to go down. But try to put yourself in the best place you can be. It might make a difference to leave that shitty job or move to a city where people think the same way you think."

Is there any harm in having a shitty day? "No, it would be weird not to. You would have to be a real psychopath not to have a shitty day. Or maybe delusional. Gloria Naylor [the author of *The Women of Brewster Place*] said, 'I don't believe that life is supposed to make you feel good, or to make you feel miserable either. Life is just supposed to make you feel.' That you even get to be here being miserable—there is a miracle in that."

Who is the happiest person you've ever met? "My great-aunt Lolly. She isn't just happy; she's like a walking exclamation point. She's not happy because everything in her life worked out. She's happy because she's committed to it and because her mother taught her to fly a kite on a windy day. And that's what windy days are for—flying kites. She's constantly, stubbornly, and insistently thrusting that kite into that goddamn windy sky. The ultimate example of that is she got cancer when she was 85 and said, 'Hey, Lizard, guess what I have? Cancer. Isn't that interesting?' She's exactly who I want to be."

Was the joy of *Eat, Pray, Love* tarnished by the mania surrounding it? "I have a steadfast rule not to make blessings into curses. I made that decision very early on when the *Eat, Pray, Love* phenomenon became a thing: I'm just not doing that. I consider anything that is a problem of abundance to not be a problem at all. You have too many choices, too many emails, too much work: All of these things are problems of abundance. It doesn't mean they aren't things that need to be managed or handled. It means you need to put it in perspective. The only real problems are problems of scarcity—those are the tragedies."

What's a good way to be happier every day? "Discover a task, activity, or project that relieves you of the terrible burden of being who you are. There's a beautiful grace in the phrase 'to lose yourself in a project.' You can lose yourself in exercise, in love, in charity work. Creativity is one of the ways in which you can have a break. It's a merciful relief—a vacation from yourself. It's such a great way to find happiness."



Scarlett Johansson in New York City in 2007



Suki Waterhouse, Georgia May Jagger, and Cara Delevingne in London in 2015

2 HAPPY TRUTHS

Myth: Young people are happier than old people.
Truth: Life's happiness curve is U-shaped. "Between ages 50 and 65, most adults get quite a lot happier, even if they don't think they will," says Andrew Oswald, a professor of economics at the University of Warwick in England. Oswald found that this is true across cultures and even in different species (he discovered the same pattern among great apes): "Life is good in your 60s and 70s. Older Americans, Britons, French, and Germans—they're remarkably happy." The theory behind it? "We know young people have impossibly high aspirations and expectations," he says. "It might be that when you're older, you're more content with what you have."

Myth: If you made more money, you'd finally be content.
Truth: "People continuously think they'll be happier with more money," says Ariely. "But if your salary doubled tomorrow and you upgraded your lifestyle, you might be happy for only a little while. Most people quickly start comparing themselves to others and feel worse."



On Becoming a Better Person

There's a more profound form of happiness called eudaimonia, and it dates back to ancient Greece. What makes a good person? David Brooks explores the subject in *The Road to Character* (Random House) and in his columns for *The New York Times*.

What is happiness? "It's a vague word. Scientists just ask people, 'Are you in a good mood?' But I think we're wired to also seek a deeper sense of moral fulfillment. I call it holiness or joy."

What are joyful people doing right? "They're grateful to be doing what they're doing. They have a deep sense of gratitude and peacefulness. They may work for a charity or teach immigrants English—they're really committed to a cause, and they do it as a matter of duty. Making a little corner better is the most valuable thing you can do. One of my heroes is George Eliot: In *Middlemarch*, she writes that there are big kinds of heroes and then there is the heroism of people who have made their town a little nicer. Society is built on that small, steady heroism."

Where do most people go wrong? "I know a lot of really rich people who'd say they've achieved success but not significance. We're so busy with the external world that we don't focus on our own moral improvement. There are all sorts of books for building a good career, but we're not clear on how to become better people. Most things that produce joy are long commitments. They're what one philosopher calls a long obedience in the same direction. The Internet doesn't exactly help. If you can't keep your attention on something for 15 seconds, how can you make a commitment for years?"

Is short-term happiness overrated? "I think it is. But there are certain moments when desire goes away and you're deeply content and tranquil. If you're going into all of your relationships asking, 'Does this person make me happy?' well, then your relationships are probably not so good. But if you say, 'How can I serve this person?' you'll probably wind up with a happier relationship. There's an inverse logic here. You have to surrender something outside of yourself to gain strength within yourself."

What's the first step to gaining strength within yourself? "Understand where your weaknesses are and get a little better at getting rid of them day by day. If you're fearful, force yourself to do something brave."

***Allure* question: Can you care about your appearance while becoming a better person?** "I might have said no five years ago, but I have a friend in fashion who bought me clothes that actually fit. I was surprised—and have continued to be surprised—by how much stronger, better, and more confident I feel in those clothes. I'm more at home in the world. There's obviously something greater than looking your best, but the two can go together."

Sexy Time

Sex makes you happy. In fact, having more sex also makes you more satisfied with life overall. But there's a big fat asterisk: *The sex has to be good.* Mediocre sex, routine sex, or the sex you have when you're also half-listening to Stephen Colbert (unless you're Mrs. Stephen Colbert) is more like a cold shower, deflating joy in other areas of your life, according to a new study from Carnegie Mellon University. When participants were asked to increase their frequency of sex (for the study), they reported enjoying sex less because it was routine and planned. The study's authors found that working on creating an environment that sparks desire and makes the sex more fun was much more beneficial to participants' overall mood.

Breathe Deeply

A quick and very weird way to boost your mood: Stand in a Barry's Bootcamp and smell anyone who is smiling. New research published in *Psychological Science* suggests that we sweat out specific chemicals when we're happy, and just smelling those chemicals can make you happier, too. Vanilla also works. "It's the only scent that makes everyone happier, because there are traces of vanilla in breast milk, so it's associated with comfort and nourishment," says Rachel Herz, a psychologist at Brown University and the author of *The Scent of Desire* (William Morrow).

—ADDITIONAL REPORTING BY KRISTIE DASH

DAY GLOW

Lord Byron once described a beautiful woman as having "a transparent glow, as if her veins ran lightning." May we offer a more prosaic approach?

By Chloe Metzger

There's a reason Sephora's perennially top-selling blush is called Orgasm and why your skin is magically incandescent in your wedding photos: When you're happy—we mean really, truly, blissed-out-of-your-mind happy—your skin looks like it's lit from within. And when you're not, you may spend significant time trying to duplicate that effect. We found simple hacks and speedy tricks that make your skin glow like you just won the lottery while sitting on a beach holding your brand-new puppy. We asked the pros for dozens of them—tricks, that is. We couldn't wrangle a puppy.

SHOW SOME SKIN

When your complexion has the luster of melba toast, revive it with one of the tricks that models, bloggers, and dermatologists rely on.

Brush it off. Model Miranda Kerr swears by dry body brushing whenever she has an event—which, she admits, is pretty much every day. "I like to brush my skin in the direction of my heart," she says "I feel like it helps with circulation, and it makes your skin quite bright and soft afterward." She follows it with her own body moisturizer, Kora Enriched Body Lotion with rose hip oil.

Mask it. The pros' favorite radiance-enhancing product isn't a million-dollar, diamond-filled potion but a simple sheet mask. "It creates a barrier that seals moisture into skin, which can make you look dewy," says dermatologist Jeannette Graf, who recommends vitamin C masks to quickly enhance your complexion. Her favorite is NuvesseMD Skin Therapy Serum No. 5; we swear by Masque Bar by Look Beauty Brightening Masks.



Model Gigi Hadid has the natural glow of health, youth, and good skin care.

Makeup colors: Brow Drama by Eye Studio in Blonde and Baby Lips Moisturizing Lip Gloss in Pink-a-Boo by Maybelline New York.

PHOTOGRAPHED BY AMANDA MARSALIS

Take a dip. When beauty blogger and Glossier founder Emily Weiss wants an all-over glow, she heads to the bathtub. "I'll throw a dollop of coconut oil in an Epsom salt bath and soak for a while," she says. "By the time I dry off, my skin looks really luminous and hydrated.... Moisture is your friend."

Get moving. Download the 7 Minute Workout app and do a set to get blood flowing through your body, says Ava Shamban, an assistant clinical professor of dermatology at the David Geffen School of Medicine at UCLA. Then grab something cold—an ice cube, an ice pack, a well-chilled bottle of champagne—and run it over your face. "The extreme temperature change will release heat-shock proteins, a cellular response that repairs and restores skin cells," says Shamban. A fast workout coupled with the anti-inflammatory effect of ice leaves skin softly flushed.

Layer up. This is so obvious we almost don't want to say it, but it bears repeating: Moisturizing is the key to glowing skin. "The best makeup in the world won't look good without a hydrated canvas," says makeup artist Fulvia Farolfi, who recommends—OK, insists—that you massage one drop of a lightweight facial oil over your skin ten minutes before applying foundation (try Olay Regenerist Luminous Facial Oil). If you have oily skin, swap the oil for a few pumps of a hydrating serum, like Eau Thermale Avène Hydrance Optimale serum or Chanel Hydra Beauty Micro Sérum (Farolfi is a spokeswoman for Chanel).

60-SECOND HACKS
Set the timer. Ready, set, glow.

Mist over. "If my skin is matte after I add powder, I'll spritz it with rose water and then gently press my hands over my face," says makeup artist Robin Black. "The warmth from my hands sets the makeup and keeps powder from ruining my glow."

Switch strokes. Beauty vlogger Tanya Burr picked up this skin trick from British facialist Emma Hardie: "When cleansing, Emma taught me to use a microfiber cloth to massage the cleanser into each section of my face with little downward strokes to release tension. My skin instantly looks bright and energized."

Mix it up. For a dewy look, makeup artist Tom Pecheux has been known to dip a foundation-covered brush in a few drops of facial oil before buffing the mixture into the skin. "It won't look like you have any makeup on," he says.

Add a bit of balm. "If I'm feeling tired or dried out, I'll apply some lip balm and tap the excess along my cheekbones and brow bones in a half-moon shape to get a little boost of moisture. When your face turns in the light, it throws off a pretty sheen," says Weiss, who uses her own Glossier Balm Dotcom.

Break out your sponge. "Midday, if my makeup is looking dry or creasy, I'll spritz on a mist, then use the tip of a Beautyblender to smooth creases and pat more moisture into the skin," says makeup artist Kate Lee.

Pat down. "People make the mistake of putting illuminating powders or creams all over their face, but that will make you look like a disco ball," says Lee. For a natural look, she rubs Laura Mercier Foundation Primer Radiance between her hands and then lightly presses her palms along the cheekbones and jawline. "It has the smallest hint of shimmer," she says.

Take cover. "I mix moisturizer with a concealer that's a littler paler than my skin tone for a really natural-looking glow," says Black. She swipes and blends it across her forehead, brow bones, under-eyes, chin, and the bridge of her nose with a concealer brush. "In a pinch, I've even used a nude or white eyeliner pencil," she says.

Makeup Kit

Cinderella had a fairy godmother, Beyoncé has Sir John, and you have a bag of makeup. When there's no glam squad at hand, you can still get a ball-worthy glow at home by following these makeup artists' tips.

"The most radiant, beautiful skin has a subtle sheen, so stay away from anything matte, full coverage, or heavy," says makeup artist Kate Lee. If a tinted moisturizer isn't enough coverage, Lee suggests a natural-finish light-coverage foundation. We like Urban Decay Naked Skin Liquid Makeup.

"An even complexion is key to looking well-rested and bright before an event," says makeup artist Robin Black. "Cancel out redness by tapping a few dots of your concealer under the eyes, on top of the lids, around the nose, and on the chin." But don't go crazy: "You want to show off your natural skin texture as much as possible." Try Tom Ford Concealing Pen.

The worst thing you can do is cover your skin with powders and then add a sparkly strip of highlighter on top of that, says Lee. If you absolutely must take away some shine, stick with colorless pressed powder, which "diffuses the light without altering the color," and press it over your T-zone with a damp sponge. Make Up For Ever HD Pressed Powder is a great choice.

"To make your face look like it's glowing from within, dab a peach cream blush across the apples of your cheeks, then blend it along your cheekbones and tap the excess from your fingers into the crease in your upper lid," says makeup artist Hung Vanngo. He uses CK One Cream + Powder Blush Duo in Grace on Victoria's Secret models for a sexy flush year-round.

"Red eyes destroy a luminous look," says Farolfi, who keeps a bottle of eye drops in her makeup kit. "Squeeze a few drops in each eye. The clearer your eyes look, the brighter the rest of your face appears."

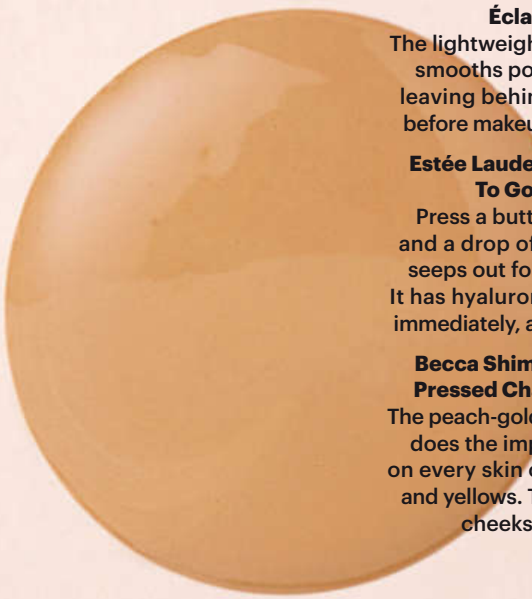
In your 40s and beyond, tap a drop of serum over your makeup on your cheekbones, and lightly spritz your face with rose water. Says Black, "Hydrated skin looks really youthful." Try L'Oréal Paris Youth Code Skin Recharger serum.

Buzzworthy

Coffee, booze, boozy coffee—we used to think that anything that dehydrated our bodies also dulled our skin. But our daily shots of espresso (sans whiskey, sorry) may prevent dark spots, according to a new study from Japan published in the *International Journal of Dermatology*. Women who drank the most coffee (averaging three cups a day) had significantly fewer age spots than those who drank the least (especially impressive given that all of the study participants wore sunscreen daily). Coffee accounted for 50 percent of the polyphenols in their diet, which may regulate dark-spot formation in the skin. Now we're just waiting for some good news about Kahlúa....







Glow Agents

Five products that make skin so bright, people will think you flipped a switch.

Yes to Grapefruit Pore Perfection Brightening Peel
The hefty dose of fruit acids and vitamin C in this rinse-off peel leaves your skin smoother and brighter after just a few treatments. (If you have sensitive skin, wear it for half the suggested time.)

Elizabeth Arden SuperStart Skin Renewal Booster
This serum-slash-gel moisturizes like an oil but sinks in without feeling slick, so you can layer more hydrating products on top for maximum radiance.

Yves Saint Laurent Touche Éclat Blur Perfector
The lightweight balm-to-powder primer smooths pores and fine lines while leaving behind a soft rosiness. Use it before makeup or throughout the day.

Estée Lauder Double Wear Makeup To Go Liquid Compact
Press a button inside this compact and a drop of lightweight foundation seeps out for mess-free application. It has hyaluronic acid to plump up skin immediately, and it comes in 20 shades.

Becca Shimmering Skin Perfector Pressed Champagne Glow Palette
The peach-gold highlighter in this palette does the impossible: looks amazing on every skin color with its mix of pinks and yellows. The copper bronzer gives cheeks a believable glow.

MOOD ELEVATORS

Eight fall pick-me-ups:
Coats in fun prints, lofty knits, and any color but basic black.



FLORAL TRENCH
Suede coat and boots by Burberry. Makeup colors: Artliner in Black and Shine Lover Lipstick in Beige Béguin by Lancôme. These pages: Hair, Teddy Charles; makeup, Maud Laceppe; manicure, Sheril Bailey. Models: Anais Mali and Richie Maguire. Fashion editor: Paul Cavaco. Details, see Shopping Guide.



DOUBLE-BREASTED
Jersey coat, silk top, silk shoes, crocodile bag, and gloves by Prada. Makeup colors: Ink Liner and Rouge Artist Intense Lipstick in 3 by Make Up For Ever. Details, see Shopping Guide.

PHOTOGRAPHED BY ALEXI LUBOMIRSKI



LAYERED CHECKS
Black-and-white embroidered mesh coat and dress, nude-and-black goatskin shoes, and black-and-white leather bag by Chanel. Details, see Shopping Guide.



JEWELED COAT
Embellished wool coat and skirt, belt, and gloves by Marc Jacobs. Makeup colors: Eyeliner Effet Faux Cils Shocking in Black and Rouge Pur Couture lipstick in Beige Tribute by Yves Saint Laurent. Details, see Shopping Guide.



KNIT COLLAR
Wool coat and dress by Hilfiger Collection. Leather shoes and bag and belt by Michael Kors Collection. Makeup colors: PhotoReady Kajal Matte Eye Pencil in Matte Coal and PhotoReady Skinlights Face Illuminator in Peach Light by Revlon. Details, see Shopping Guide.



SEQUIN FLOWERS
Wool coat and dress, patent-leather shoes, and leather bag by Dolce & Gabbana. Makeup colors: Diorshow Pro Liner in Pro Black and Dior Addict Gloss in Sparkle by Dior. Details, see Shopping Guide.



RAW EDGES
Ivory leather coat, black leather dress, and black suede shoes by Calvin Klein Collection. Details, see Shopping Guide.



PYTHON TRIM
Bouclé-and-python coat, ciré dress, patent-leather shoes, and leather-and-snakeskin bag by Miu Miu. Makeup colors: Intensify Me Liquid Liner in Intense Black and TruMagic The Sunkisser in 110 by CoverGirl. Details, see Shopping Guide.

Flying High

We know what you're thinking: What kind of crazy Photoshop tricks were involved in these pictures? Answer: none. Model Richie Maguire is a seasoned acrobat and circus artist in Las Vegas and on Broadway. His technique? "Jump your arse as high as you can off of hard concrete for several hours," he says. —KRISTEN NICHOLS

RAY OF



Embroidered silk lace dress by Alexander McQueen. Makeup colors: Pure Color Blush in Audacious Plum and Pure Color Envy Matte Sculpting Lipstick in Covetous Nude by Estée Lauder. These pages: Hair, Odile Gilbert; makeup, Polly Osmond; manicure, Marian Newman. Fashion editor: Paul Cavaco. Details, see Shopping Guide.

LIGHT

You expect Kate Hudson to be sunny, laid-back, and a little bit kooky. What you didn't see coming: Despite her share of hard times, she really knows how to bounce back.

By Jessica Pressler



PHOTOGRAPHED BY TOM MUNRO

Kate Hudson is singing. At first I think it must be a recording, but as I follow her 11-year-old son, Ryder, up the stairs of their London town house, the music—some kind of lilting, happy ballad—gets louder, and suddenly there she is, dressed in a pink-and-white tie-dyed onesie, her hair in a messy bun, playing a grand piano and belting out a tune while her other son, Bingham, four, dances loopily next to her. Neither Ryder nor Hudson's stylist, Sophie Lopez, who is sitting on the floor flipping through pictures of clothes, look fazed. Apparently, sitting down and bursting into song in what appears to be your pajamas at noon on a Thursday is an everyday sort of thing in the life of Kate Hudson.

"Mom," says Ryder helpfully, "your interview's here."

Hudson turns around with a smile. "Bingham, say hello," she says to her son, who buries his face in her leg. Gently sending the boys to another floor, she grabs a huge Starbucks and flops on the couch. Like the house, it's a rental: Though the family resides in Los Angeles, they've moved their happily chaotic lives to London for the summer—it's closer to the cities Bingham's father, Matthew Bellamy of Muse, is playing on his European tour and to vacation spots, like the Greek islands, where Hudson recently went with her mother, Goldie Hawn, and Lopez.

She cocks her head to the ceiling and grimaces as the sound of Bingham wailing fills the air. "That's an 'I didn't get what I want' cry," she deduces. Then she turns on the Beam.

I don't have to describe to you the Kate Hudson Beam™ because you have already seen it. It's the Beam that made Penny Lane, the groupie she played in her breakthrough role in *Almost Famous*, charming instead of sad, earning Hudson a Golden Globe and an Oscar nomination. It's the Beam that launched what has practically become a genre, the Kate Hudson Movie, defined loosely as a mediocre rom-com elevated to near-classic status by its female heroine's superhuman charisma. Even today, you might watch this kind of movie, like *How to Lose a Guy in 10 Days* or *Raising Helen*, for a second or third time if it happens to be on TV and you are ironing or something.

Hudson has always been watchable. The spitting image of her mother, and the stepdaughter of Kurt Russell, she spent her teen years tooling around Santa Monica, blonde hair streaming out of a convertible. As an adult, Hudson became a glamorous California bohemian, à la her parents, who famously never married. She bounced around the globe accompanied by hip little Ryder (a ringer, even as a toddler, for his father, former Black Crowes singer Chris Robinson, to whom Hudson was married for six years) and sometimes a good-looking, famous man, most recently Derek Hough of *Dancing With the Stars*. She always looks effortlessly chic in a way that seems actually effortless—you'd never catch her wearing Louboutins to shop at Whole Foods, self-consciously aware that she might be photographed. "No *way*," says Hudson, who frequently shows up in tabloid pictures looking pretty much the way she does now. "I am *all* about comfort."

This attitude extends to her career, too. Hudson doesn't need to show up in a movie every two months to remind people of her existence, and most of the time, she says, she'd rather be living her own life than flying to a set in Toronto to play someone else. "Making movies takes you away for long periods of time, and it's hard to be away from your kids like that," she says. These days, she accepts projects that involve travel only if they are truly compelling, like *Deepwater Horizon*, a movie about the BP oil spill, which also happens to star Russell, and Lee Daniels's biographical treatment of Richard Pryor. "I think it will be amazing," she says. "It's a very intense movie."

Then there are the things that just seem like they're going to be a good time. "I want to do things that are fun," Hudson says. Like her new movie *Rock the Kasbah*, which features Hudson as a prostitute on the verge of retirement who hooks up with a has-been music producer played by Bill Murray—which, considering their 29-year age difference, will likely raise the hackles of those who've been taking Hollywood to task for pairing much older men with younger women. "I *love* to kiss Bill Murray!" she protests. "He's still sexy!"

The relationship makes sense in context, she points out. "It's people together under very extreme circumstances," she says. The movie is set in war-torn Afghanistan, but it was filmed in Morocco, and Hudson brought her friends and family members to the set. "It was one of the best experiences," she says. "Morocco is so *sexy*. There are a couple of places that I could just say, 'Beam me there.'"

She sighs: if only one could beam oneself into a sultry *riad*, if only one could beam oneself into the life of Kate Hudson. But it's not that easy, even for Kate Hudson. Though it seems like her life is sprinkled with fairy dust, "happiness is not something that just comes to you," she says. "It's an *active* process."

Beauty Call

Bohemian-leaning Hudson loves natural products, naturally. Some of her all-around favorites:

Who taught you the most about beauty? "Makeup artists. As a little girl, I loved watching what the makeup artists would do with the actors' faces. Dennis, my dad's makeup artist, did all of this great prosthetic stuff. And I've done my own makeup for events—and my mom's a couple times. I feel like I'm pretty good at it."

Do you do your own hair? "Hopeless. I guess I could blow it out, but it's such a pain. And it's hot. You sweat. My arms hurt."

Do you wear fragrance? "I like oils more than I like perfume. I like amber, musk, feu de bois, the sort of fireplace smell. And then I love florals—gardenia, orange blossom."

What part of your beauty routine would you never let a man witness? "I love having two bathrooms. It's kind of fun to sort of disappear and to come out."

What's your favorite product? "The May Lindstrom mask, serum, mud cleansers—they're amazing. The dirt cleanser is just so good. And it's all-natural. Tata Harper is really nice, too."



Sequined silk dress, and gloves and belt, by Marc Jacobs. Panties by Victoria's Secret. Makeup colors: ScandalEyes Eye Shadow Stick in Bulletproof Beige and Show Off Lip Lacquer in Stargazer by Rimmel London. Details, see Shopping Guide.

Hudson has been thinking about these things a lot lately. In fact, she's working on a book about "throwing perfection out the window. Not an advice book," she says, "Well, sort of. But it's about finding what works for you. And I'll share the things that have worked for me." For instance, she is a huge believer in the power of exercise. "It's brain chemistry," she says, although she doesn't really follow a routine or a regimen. Case in point: The whole time we've been talking, Hudson has been doing assorted yoga moves. "People think you need two hours a day to do it, and that's bullshit," she says, wrapping two perfectly manicured fingers around her vermilion-polished toe and launching her leg skyward. "If you work out 20 minutes a day in some way, you're going to see changes. Like, I've had days where I have the kids—Ryder's on his bike, and I put Bing in a stroller—and I will run and sprint up hills." She has been known to pop into downward dog on airplanes. "I do things that people would think look completely insane," she says. "One time I was dating a guy, and we went running, and afterward he goes, 'I've never seen someone who's crazier. You're skipping. You're doing leg lifts, singing to yourself, punching in the air.'"

One imagines Hudson could have followed the path of celebrity lifestyle guru a long time ago, but she doesn't really feel like she is cut out for the role. She is not, in her opinion, someone who has it all figured out. "There's stuff in my own past..." she says, clearly alluding to her estrangement from her father, Bill Hudson ("Happy abandonment day..." her brother commented on a picture of himself, Kate, and Bill Hudson on Instagram this past Father's Day). She is divorced. And who wants advice from an actor, anyway? "It was like—I've joined a circus," she says. "I didn't join, like, an idea of, like, a perfect life."

The idea for the book, she says, came out of her work with Fabletics, the activewear company that she cofounded. Hudson says she watches members on its online forum encourage each other toward fitness goals. It reminds her of the way she and her girlfriends support and motivate each other. "I have friends I've told the same story to 500 times," she says. "And you're like, 'But I need to talk about it, again and again and again.' One of my girlfriends and I made this decision: We're going to give ourselves three days. We're going to talk about these two subjects, ad nauseam. Then we're done. It was like breaking a bad habit."

And Hudson is a huge self-help fan herself—she recently "Kondo'd" her Los Angeles house after reading Marie Kondo's *The Life-Changing Magic of Tidying Up*. "The idea is you keep only the things that bring you joy. And if they don't, you thank them for the memory and let them go." The experience suited her overall philosophy: "We create the experiences that we want to have," she says. "If you want to create the painful experience, you can do that. You have the power to make [any] situation a painful or a difficult one. I want to try to create experiences that will be *positive* for my kids."

Her relationships with the fathers of her children remain very cordial. "Relationships ending are painful, and you can choose to carry that or you can choose to reframe it. If Matt and I had a great relationship, we would still be together, but we chose to move on because we had different visions of how we wanted to live our lives. That doesn't mean, though, that we can't rebuild something that would be the best thing for the kids." Since their breakup last year, they have made a point of staying connected. "We said, 'We need to try to create something for the kids where they feel like they're gaining something rather than losing something,'" she says. So far, it seems to have worked. "It's been a seamless transition," she says. "Kids just want to see their parents be cool. Everybody's cool; everybody's good."

This is not to say it's her ideal family scenario: "Being someone who has come from a broken family and has a stepfather," she says, "I really benefited from having that very consistent [presence] in my life. And it's something I am mindful of and want in my life."

Until then, she has plenty of things that bring her joy. A few weeks later, Hudson will Instagram a video of herself and Ryder performing a dance routine to "Trap Queen" in an airport lounge. It is a quintessential Kate Hudson moment: spending time with her son, traveling, sneaking in a workout, and clearly experiencing a good deal of happiness. Today, she says, "Joy, to me," her face breaking into the Beam again, "is a way of life." ◆



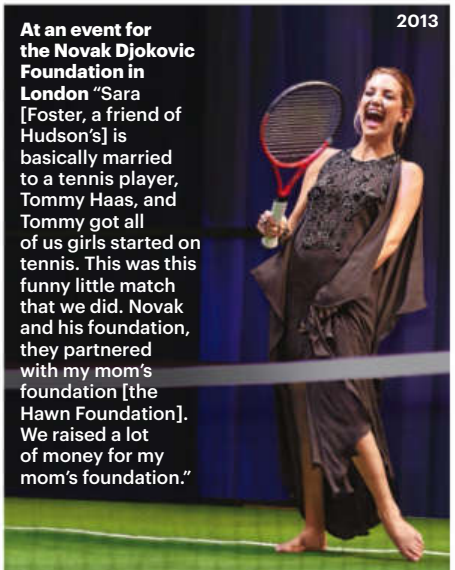
High-school yearbook "That's so funny. I loved my weird Oakleys." *Allure*: "Were you wearing them because you were stoned?" Hudson: "No! I was, like, the straightest girl in high school. I was the sober driver. And I had a lot of people not be very cool about it because I was so focused in high school. I knew what I wanted to do—I was really into drama and my acting class and dance and sports. I was very busy. And because I wasn't partying or doing the social thing, they would say things to me like 'Oh, you think that you're better than us because you've got other things to be doing.' And I was like, 'No, I just don't want to get high. And I don't want to be a drunk fool.'"



With Natalie Portman at the VH1/*Vogue* Fashion Awards in New York City "This was one of the dresses I just got rid of in my Marie Kondo cleanse. I said, 'Thank you, bye-bye.' Natalie and I just happened to be on the red carpet together. It's like we all work in the same office. It's just our offices are all over the world, and we transfer all the time. Although I do love her. She's so talented."



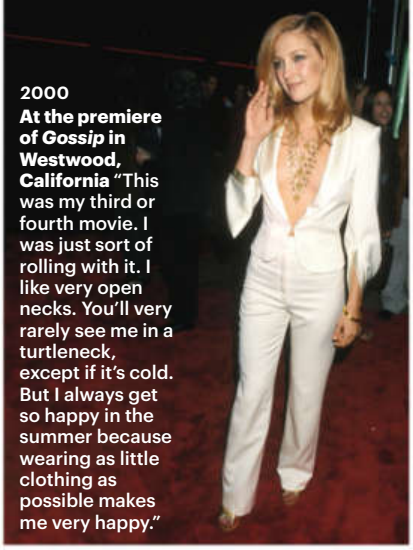
With Anne Hathaway at the premiere of *Bride Wars* in New York City "*Bride Wars* started as a subversive comedy. It was written rated R. [Hudson was a producer.] And the studio would not allow us to make it R-rated. Executives talked about it being a rom-com. And I was like, 'This is a buddy movie.' Still, I'm proud of it. People did not think it was going to make the kind of money that it did. It was the best version of what we were allowed to make."



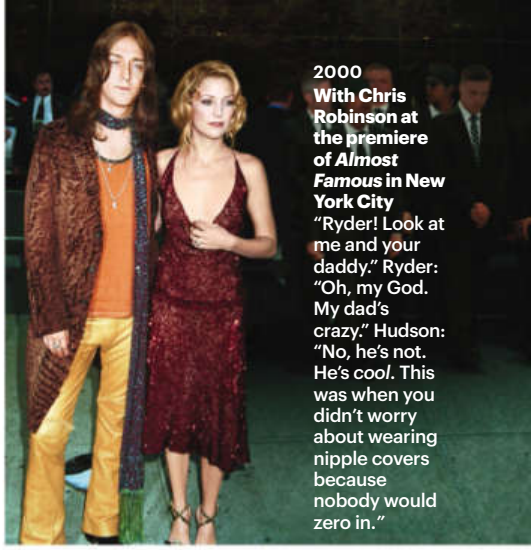
At an event for the Novak Djokovic Foundation in London "Sara [Foster, a friend of Hudson's] is basically married to a tennis player, Tommy Haas, and Tommy got all of us girls started on tennis. This was this funny little match that we did. Novak and his foundation, they partnered with my mom's foundation [the Hawn Foundation]. We raised a lot of money for my mom's foundation."



With Oliver Hudson at a premiere of *Hope* in Beverly Hills "I've always loved my brother. We had a tumultuous [relationship]. But the day before he left for college, I walked into his bedroom, and I was like, 'Ollie, I can't believe you're leaving tomorrow.' And we both burst into tears. And from that point on, our relationship has been amazing."



2000
At the premiere of *Gossip* in Westwood, California "This was my third or fourth movie. I was just sort of rolling with it. I like very open necks. You'll very rarely see me in a turtleneck, except if it's cold. But I always get so happy in the summer because wearing as little clothing as possible makes me very happy."



2000
With Chris Robinson at the premiere of *Almost Famous* in New York City "Ryder! Look at me and your daddy." Ryder: "Oh, my God. My dad's crazy." Hudson: "No, he's not. He's *cool*. This was when you didn't worry about wearing nipple covers because nobody would zero in."



At the Venice Film Festival "This was such a great time. I was almost six months pregnant. I love being pregnant. Giving life, carrying life is just so amazing. I just feel like I'm in a primal place. I love it. You're in a bubble."



At the premiere of *You, Me and Dupree* in Los Angeles "I was separated. Or was I divorced? And having a great time. It was a transition, but it was all right. My relationship with Chris was beautiful, and out of it came the most amazing child. And I don't think you ever expect things to end, but sometimes they do. And it hurts."



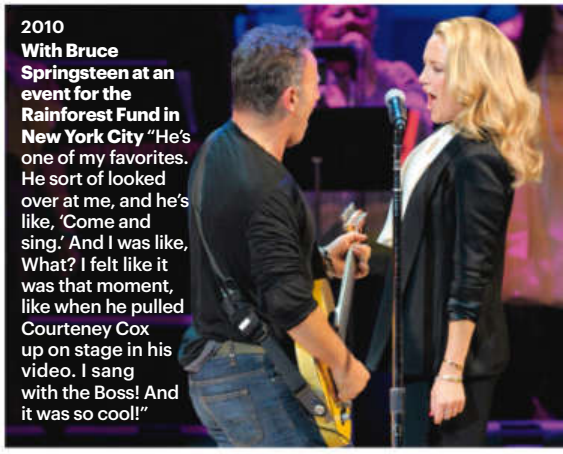
With Gwyneth Paltrow, Naomi Watts, and Liv Tyler at a Tom Ford event in New York City "There's Naomi preggers! Oh, look at my beautiful girlfriends. Look at Gwyneth's cute long hair."

In *Nine* "That was some of the most fun I ever had. We had 15, 20 dancers, and there was this one moment for all of us, where we all knew that we *nailed* it. The exuberance, that feeling that you have, it wasn't about anything but that we nailed that dance. I love to dance and sing. I think that's when I'm happiest."





At the Golden Globes in Beverly Hills "That is hilarious. It was pouring. It was like Glastonbury. It was so soaking wet. The whole carpet was just like a big puddle. It was really fun, actually, because you just had to go with it."



2010
With Bruce Springsteen at an event for the Rainforest Fund in New York City "He's one of my favorites. He sort of looked over at me, and he's like, 'Come and sing.' And I was like, What? I felt like it was that moment, like when he pulled Courteney Cox up on stage in his video. I sang with the Boss! And it was so cool!"

At a Fabletics event in Los Angeles "This was really fun, a Spin class with Fabletics. The guy who taught it was amazing. He had so much energy; he was so cute. It's really fun when we do these events because there's so much energy. Get a bunch of people in a room toward a common goal, and things turn out good."



At a Versace fashion show in Paris "They chopped the dress. It was a last-minute panic—it was a floor-length gown, and we were like, 'We want to go.' [*She snaps her fingers.*] Donatella is so family-oriented, so loyal. And she's been through so much. She cares so deeply about what she does, and the girls and the women she's dressed.... She's incredibly loving. Look at the way she holds my hand."



THIS PAGE AND OPPOSITE PAGE: FOR PHOTOGRAPHERS' CREDITS, SEE CREDITS PAGE.

SHOPPING GUIDE

Cover: Donna Karan New York embroidered silk gown, $15,000. Saks Fifth Avenue stores. **Cover Look, page 20:** Marc Jacobs sequined silk dress, $4,800. Marc Jacobs stores. Donna Karan New York embroidered silk gown, $15,000. Saks Fifth Avenue stores. **Fashion Bulletin, page 43:** Gucci embroidered wool sweater, $7,500; silk blouse, $890; silk lace shorts, $690; silk lace skirt, $1,380; leather-and-Astrakhan-fur shoes, $1,850; canvas-and-python bag, $2,900; brooch, $985; earrings, $310; rings, $310 to $440; and beret, $295. Select Gucci stores. **Fashion Cravings, page 44:** Chanel wool-blend coat, $3,900; silk cashmere dress, price available upon request; goatskin shoes, $800; plexiglass bag, $11,000; and necklace, $1,700. Chanel stores. **Fashion Expert, page 46:** Oscar de la Renta embroidered silk gown, $8,490; earrings, $490; and belt, $390. Oscar de la Renta stores. **Color Therapy, page 93:** Stella McCartney wool top, $1,065. Stella McCartney, N.Y.C. 212-255-1556. Bally leather bag, $1,995. Bally, N.Y.C. 212-751-9082. Mona Assemi earrings, $488. Monaassemi.com. **Page 95:** Salvatore Ferragamo wool-blend dress, $2,950. Salvatore Ferragamo stores. Céline sunglasses, $365. Solstice Sunglasses stores. **Mood Elevators, page 110:** Burberry suede coat, $14,000, and boots, $2,295. Burberry.com. Burberry London cotton shirt, $325. Burberry.com. Banana Republic wool pants, $198. Bananarepublic.com. Ralph Lauren Collection tie, $215. Select Ralph Lauren stores. **Page 111:** Prada jersey coat, $2,940; silk top, $860; silk shoes, price available upon request; crocodile bag, $35,500; brooch, $850; and gloves, $4,030. Select Prada stores. Black Fleece by Brooks Brothers wool pants (sold as part of a suit), $1,475. Brooks Brothers stores. Calvin Klein White Label tie, $65. Calvinklein.com. **Page 112:** Chanel embroidered mesh coat, $10,350; embroidered mesh dress, $13,500; goatskin shoes, $800; and leather bag, $3,600. Chanel stores. Banana Republic wool turtleneck, $79.50. Bananarepublic.com. **Page 113:** Marc Jacobs embellished wool coat, $3,200, and skirt, $3,600. **Page 114:** Hilfiger Collection wool coat, $560, and dress, $490. Tommy Hilfiger, N.Y.C. 212-223-1824. Michael Kors Collection leather shoes, $695 for similar styles; leather bag, $990; and belt, price available upon request for similar styles. Select Michael Kors stores. Black Fleece by Brooks Brothers wool jacket (sold as part of a suit), $1,475. Brooks Brothers stores. H&M tie, $24.99. Hm.com. **Page 115:** Dolce & Gabbana wool coat, $6,995; wool dress, $6,495; patent-leather shoes, $995; and leather bag, $2,795. Select Dolce & Gabbana stores. **Page 116:** Calvin Klein Collection leather coat, $9,195; leather dress, $2,195; and suede shoes, $2,595. Calvin Klein Collection, N.Y.C. 212-292-9000. **Page 117:** Miu Miu bouclé-and-python coat, $5,475; ciré dress, $1,490; patent-leather shoes, $790; and leather-and-snakeskin bag, $3,050. Select Miu Miu stores. **Ray of Light, page 118:** Alexander McQueen embroidered silk lace dress, price available upon request. Alexander McQueen, N.Y.C. 212-645-1797. **Page 121:** Marc Jacobs sequined silk dress, $4,800. Marc Jacobs stores. Victoria's Secret panties, $12.50. Victoriassecret.com.

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WHAT DO YOU DO TO FEEL HAPPY?

Anyone who watched *E! True Hollywood Story* in its heyday knows that fame is no guarantee of happiness. We asked stars at the CFDA Fashion Awards, the Fragrance Foundation Awards, and a Coach party about what brings them joy. Family was a recurring theme. "When my children are happy, then I'm happy," said **Demi Moore**. **Amy Schumer**'s answer: "My sister and my brother and my niece." **Gigi Hadid** makes it work remotely. "I love FaceTiming my mom or my friends," she said. Animals also warm celebrities' hearts. "I pet my dog," said **Seth Meyers**. **Lena Dunham** goes one step further: "I kiss my dog on the lips." **Michael Kors** said, "I kiss my cats good morning." And don't discount the power of caffeine. **Julianna Margulies** said, "I grind fresh coffee beans in the morning—that first cup of coffee." —**JEFFREY SLONIM**

Photographed by Patrick McMullan

"Pray, meditate, gratitude. And dancing—I put on some Beyoncé or Rihanna." —*LAVERNE COX*

"It makes me happy when I feel healthy." —*KIM KARDASHIAN WEST*

"Yoga breathing." —*NAOMI CAMPBELL*

Taraji P. Henson
"I have an amazing network of girlfriends. If I'm having a bad day, they can sense it. I have a friend who can tell by my texts that something isn't right: 'You took too long to text back.'"

Madonna
"Happiness is sleep."

Suki Waterhouse
"It's a bit naughty."

Karlie Kloss
"I love to break a sweat first thing in the morning. I'll go for a run, and it instantly makes it a better day."

Usher
"Just waking up, man. Essentially, just breathing."

Kate Bosworth
"Kiss my man."

MICHAEL TULLBERG/GETTY IMAGES (WATERHOUSE)

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